



**County of San Diego  
Health and Human Services Agency  
Emergency Medical Services  
Aging & Independence Services**

**San Diego County  
Elderly Falls Report**

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**August 2005**

# **San Diego County Elderly Falls Report**

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# **SAN DIEGO COUNTY EMERGENCY MEDICAL SERVICES**

## **The Division of Emergency Medical Services**

Emergency Medical Services (EMS), a division of the County of San Diego Health and Human Services Agency, serves to coordinate the activities of prehospital and trauma center service providers for all residents and visitors of San Diego. The division has been designated as the County's "local EMS agency" pursuant to the Health & Safety Code, and serves as the primary regulatory agency for the local EMS system. Its purpose is to ensure that the quality of emergency medical services, which includes 9-1-1 ambulance services, trauma care services, disaster medical services, and non-emergency ambulance services, are of the highest quality.

## **Data Sources**

The Division of Emergency Medical Services (EMS) used the following data sources in the preparation of this report. These sources are population based.

*Prehospital Database:* EMS receives a prehospital patient record (PPR) for every patient seen by a paramedic or emergency medical technician. The PPR contains information including demographics, chief complaint, patient status, injury event information, contributing factors, times and outcomes.

*Medical Examiner's Data:* EMS receives an Investigative Summary and Autopsy for every individual who dies in San Diego County from a traumatic injury. Medical Examiner's Records contain injury related information including date and time of injury, external cause of injury (ICD9 CM E Code), demographics, mechanism of injury, injury event information, and detailed narratives of injuries sustained.

*Trauma Registry:* EMS receives a Trauma Registry for every trauma patient admitted to any of the designated trauma center hospitals who meets one or more of the following criteria: length of hospitalization of 24 hours or more, death due to traumatic injuries, and/or transfer to or from another acute care hospital.

*Epidemiology and Prevention for Injury Control (EPIC) Injury Data:* The EPIC Branch is the focal point for the California Department of Health Services' (CDHS) injury prevention efforts. The EPICenter website provides the most current statewide hospitalization and fatality data available, and is designed to assist in both epidemiological investigations and the implementation of prevention programs to reduce intentional and unintentional injuries.

*San Diego Association of Governments (SANDAG):* Population estimates for the County of San Diego are used in rate calculations as defined by SANDAG.

Rates are calculated per 100,000 residents countywide and by Health and Human Services Agency (HHSA) designated regional areas.

# **SAN DIEGO COUNTY AGING & INDEPENDENCE SERVICES**

## **The Division of Aging & Independence Services**

Aging and Independence Services (AIS) provides services to older adults, people with disabilities, and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities.

Mission: The leader in Advocacy Information & Safety to foster dignity and enhance the quality of life for seniors and persons with disabilities.

AIS is the only single public or private organization in the county that combines so many services for older adults and disabled persons under one umbrella -- and mostly at no charge to county residents who use the services.

Aging & Independence Services has experienced significant growth and change since it was established as an Area Agency on Aging, beginning with a staff of three in 1970 and a budget of \$100,000. The organization is now part of the County of San Diego Health and Human Services Agency, employing about 750 persons, utilizing the volunteer time of 1,700 individuals, and providing or contracting for services and programs with a budget of more than \$200 million dollars.

Services provided by Aging & Independence Services or through contracts with community-based organizations include five areas of focus:

- Information Services : The gateway to assistance;
- Home Based Services : Bringing care to the door;
- Protection & Advocacy : Ensuring the right to safety and dignity;
- Health Independence Services : Promoting wellness;
- Community Enrichment : Enhancing quality of life.

Aging & Independence Services has more than 30 programs, and each program has different eligibility criteria based on age, level of need, and income. Programs are funded by the Older Americans Act, federal, state, and county funds -- more than 40 funding sources in all. Since 1974, the Older Americans Act has served as the cornerstone of federal involvement in a wide array of community services to older persons. Since its enactment, the Act has evolved from a program of small grants and research projects to a network of: 57 state units of aging, over 670 designated area agencies on aging, and approximately 15,000 community organizations providing supportive social and nutritional services to older adults. Aging & Independence Services has a 30-member advisory council, which acts as a liaison between the agency and older and disabled persons throughout the county.

AIS provides a wide range of services, including information and access, advocacy, coordination, assessment, and authorization of direct services. Direct services are provided through contracts with vendors and agencies, and include in-home support, respite care, meals (senior dining centers and home-delivered), health promotions, legal assistance, adult day care, transportation, educational opportunities, employment, money management, and counseling programs. In general, if a San Diego resident is older or disabled, at risk of institutionalization, is low income, and/or needs help in arranging for appropriate services, AIS can probably help. The array of services available allows the agency to coordinate services effectively.

The gateway to AIS services is through the agency's Call Center that provides initial assessment and channeling to appropriate services and information. Calls are screened to determine eligibility for AIS programs and/or referred to other appropriate community programs. The Call Center has merged the efforts of information and referral, case management program intake and the elder abuse reporting function, providing AIS the opportunity to implement a "no wrong door" model. The **1-800-510-2020** toll-free telephone number provides access to anyone calling within San Diego County; or **1-800-339-4661** for those outside the county.

### **Our Vision**

Opening the door of opportunity for seniors and persons with disabilities.

- Fostering physical activity and mental stimulation, broadening social interaction, and encouraging self-reliance.
- Responding to the needs and preferences of our customers and providing informed choices between care settings.
- Integrating social programs with physical and mental health services, since physical and psychological well-being go hand in hand.
- Ensuring our clients affordable, efficient, high-quality care.

### **Our Customers**

Aging & Independence Services primarily serves seniors, disabled adults, abused, elderly and dependent adults, and others requiring home-based care to prevent institutionalization. Our Call Center, in addition to taking Adult Protective Service and In-Home Supportive Services referrals and care management referrals, also provides the community with information & assistance. Therefore, our customers also include family members, caregivers, social workers, concerned citizens and law enforcement.

### **Aging & Disabled Network**

Collaboration for the purpose of planning happens with many groups, including:

*AIS Advisory Council* -- comprised of persons who represent the older adult and disabled community, one third of whom are appointed by the Board of Supervisors.

*Health Promotions Committee* -- represents persons involved in the planning or provision of health care and includes professions such as nursing, pharmacy, social work and other disciplines, which have an impact on the well-being, fitness and longevity of seniors;

*Long Term Care Integration Project Planning Committee* -- is comprised of more than 400 consumers, providers and other key long term care stakeholders across the array of services and throughout the care continuum.

In addition to the many standing advisory and planning entities affecting the planning process, AIS has utilized other strategies for obtaining public input, seeking the widest possible array of opinions and gathering information about the needs of older adults and disabled individuals. Some of the more significant are:

*Aging Summits* -- Four Aging Summits have been held -- the first in 1998 and the last in 2004. The next one is set for Spring 2006. Hosted by Board of Supervisors members Pam Slater and Dianne Jacob, the summits provide a forum for a wide spectrum of stakeholders to come together and propose new approaches for strengthening and enhancing the quality of life for our aging and disabled population. Attendees include aging and disabled service consumers, service providers, family members, community leaders and members of the AIS Advisory Council.

In addition to bringing forward program initiatives for the Board of Supervisor to consider and new programs to fund, the summits have had the added benefit of continuing dialogue for several ad hoc committees originally formed to follow-up summit discussion. The ad hoc groups, staffed by AIS, have provided new information, insights and valuable recommendations on these issue areas.

*Vital Aging Conferences* -- Held every two years, this conference brings experts in health and activity fields to encourage seniors attending the event to live a vital lifestyles. There's a keynote speaker -- such as Jack LaLanne and Debbie Reynolds -- who exemplifies vital aging

For more information call (800) 510-2020.

Outside San Diego County, call toll-free (800) 339-4661.

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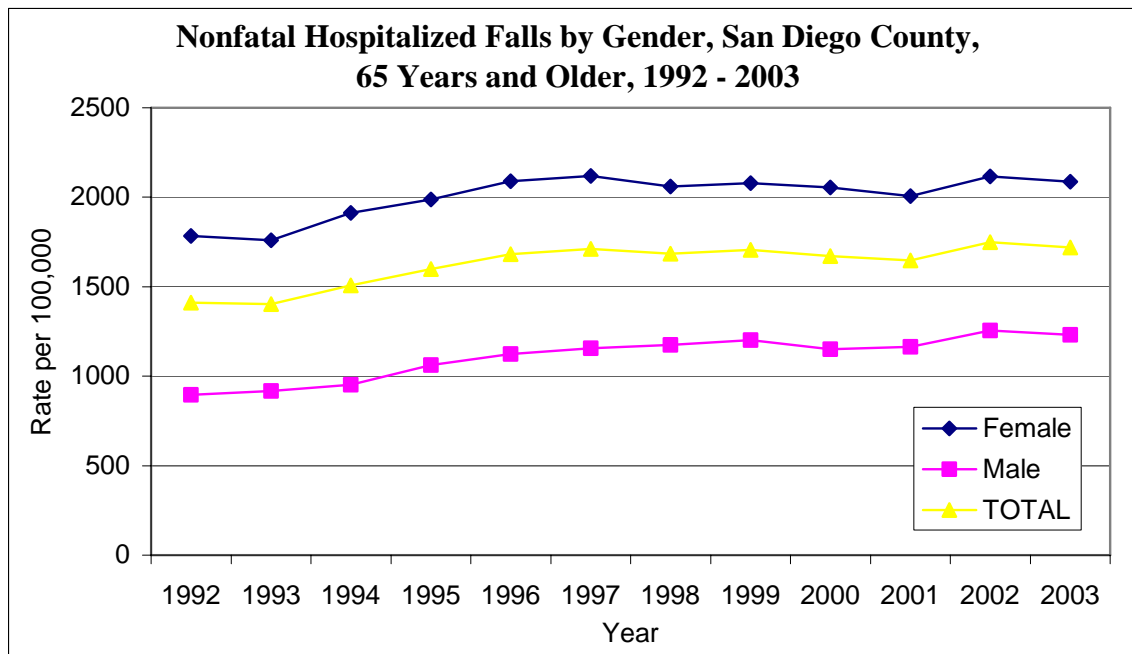
**SAN DIEGO COUNTY  
ELDERLY FALLS DATA**

## SCOPE OF THE PROBLEM

### Problem

For people ages 65 years and older in the United States, falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital admissions for trauma. More than one-third of adults ages 65 years and older fall each year. Of those who fall, 20% to 30% suffer moderate to severe injuries that reduce mobility and independence, and increase the risk of premature death. Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes. Nationally in 2001, more than 1.6 million seniors were treated in emergency departments for fall-related injuries and nearly 388,000 were hospitalized (CDC, 2005).

The Epidemiology and Prevention for Injury Control (EPIC) branch of the California Department of Health Services (CDHS) reports that the rate of hospitalizations due to falls among people 65 years and older has increased from 1992 to 2003. This trend is similar among both men and women.



Source: California Department of Health Services, Epidemiology and Prevention for Injury Control (EPIC) Branch, 1992 – 2003;  
Population Estimates: SANDAG.

### Purpose

The purpose of this publication is to provide an overview of the demographics, mechanics and circumstances of falls among the older population in San Diego County as well as to develop solutions and strategies for fall prevention and provide information for older adults and their families.

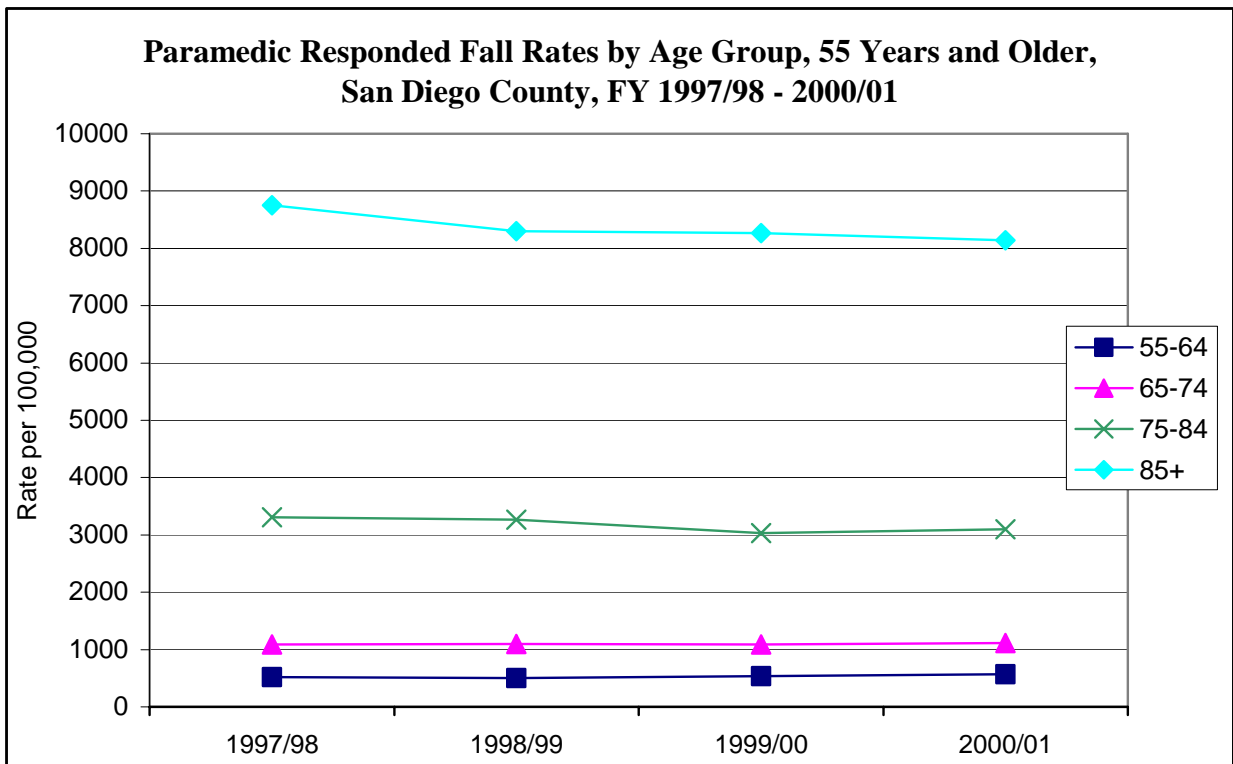
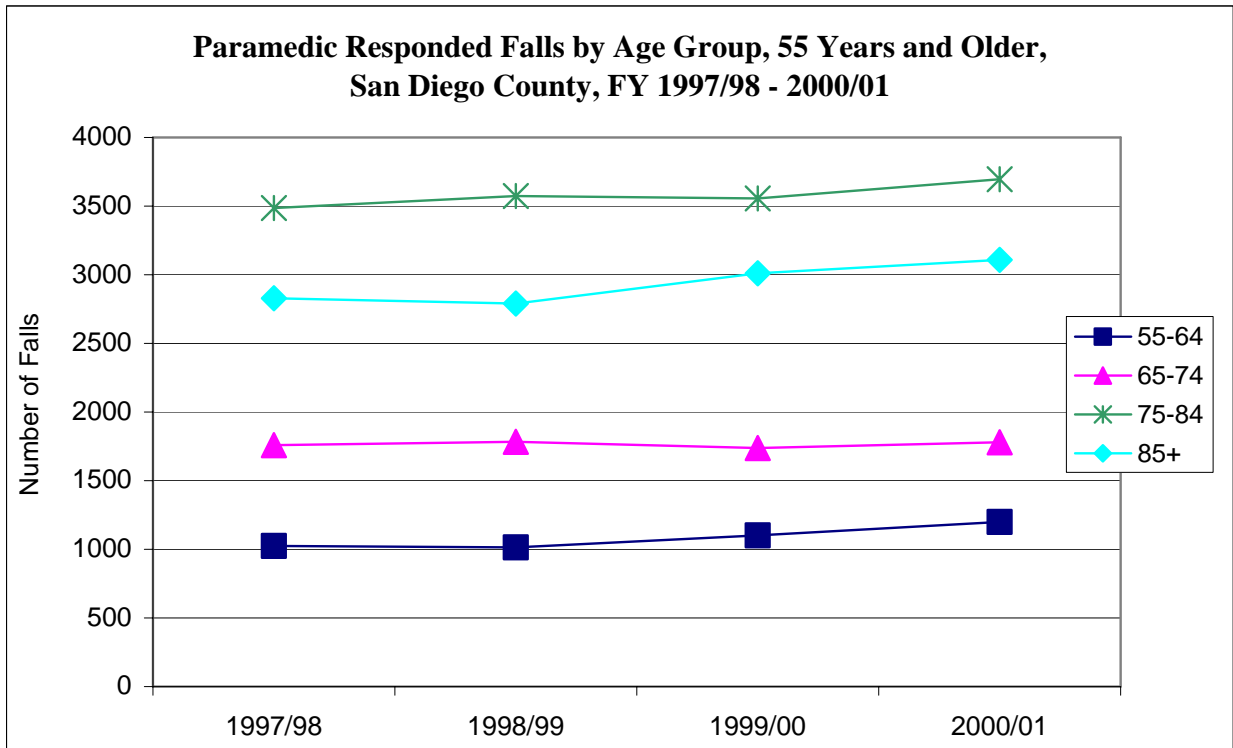
## **TRENDS IN FALLS**

In San Diego County, people 55 years and older accessed 9-1-1 more often than any other age group during the fiscal year (FY) 2000/2001. Individuals 55 years and older made up 19% of the population, 47% of the total responses by paramedics, and 60% of the paramedic responded fall injuries.

Among people ages 55 years and older, falls are the leading cause of prehospital injury. Paramedics responded to 9,783 people ages 55 years and older for a fall related injury during FY 2000/2001. The second leading cause of injury in this age group was motor vehicle occupant crashes, with paramedics responding to 2,246 calls.

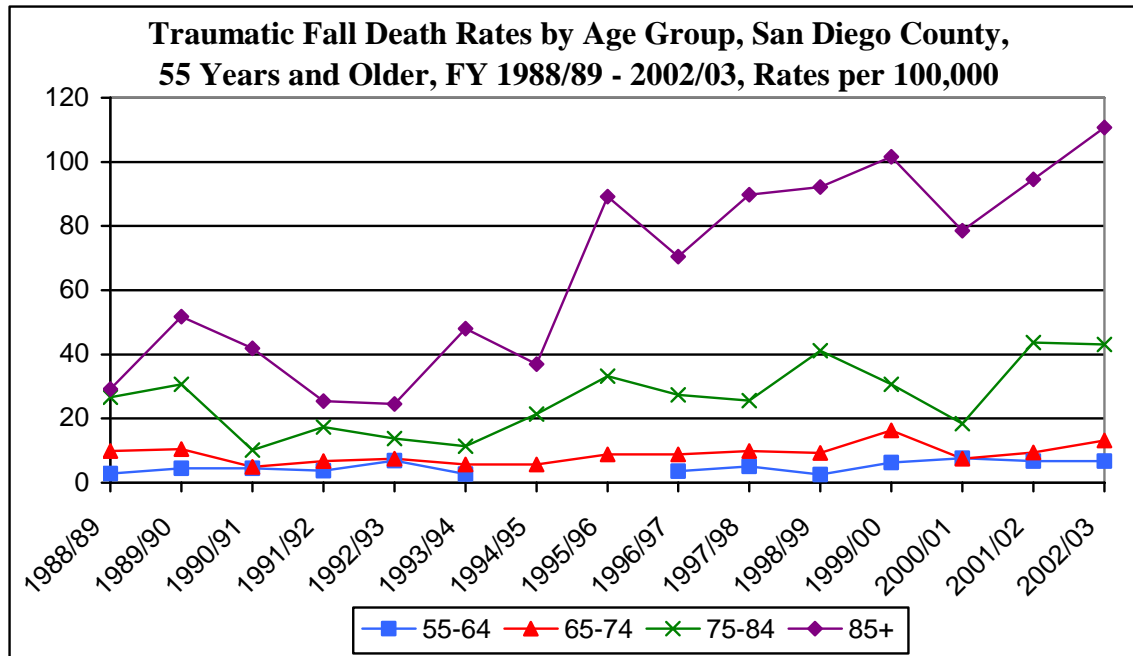
The 75 to 84 year age group suffers the highest number of paramedic responded falls each year, followed by the 85+ year age group. However, the rate of falls for the 85+ year age group is significantly higher than the rate of falls in the 75 to 84 year age group (8,139 per 100,000 versus 3,096 per 100,000 in FY 2000/2001).

The number of paramedic responded falls for people 55 years and older increased overall by an average of 3% each year from FY 1996/97 to 2000/01. It is important to note that there was a significant increase in population size among people 75 years and older during the same time period, so the rate of falls among the 75 to 84 year and 85+ year age groups actually decreases. Overall, the rate of prehospital falls in the elderly population increased slightly from FY 1998/1999 to 2000/2001 (1,837 per 100,000 to 1,851 per 100,000).



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital Database 1997 – 2001; Population Estimates: SANDAG.

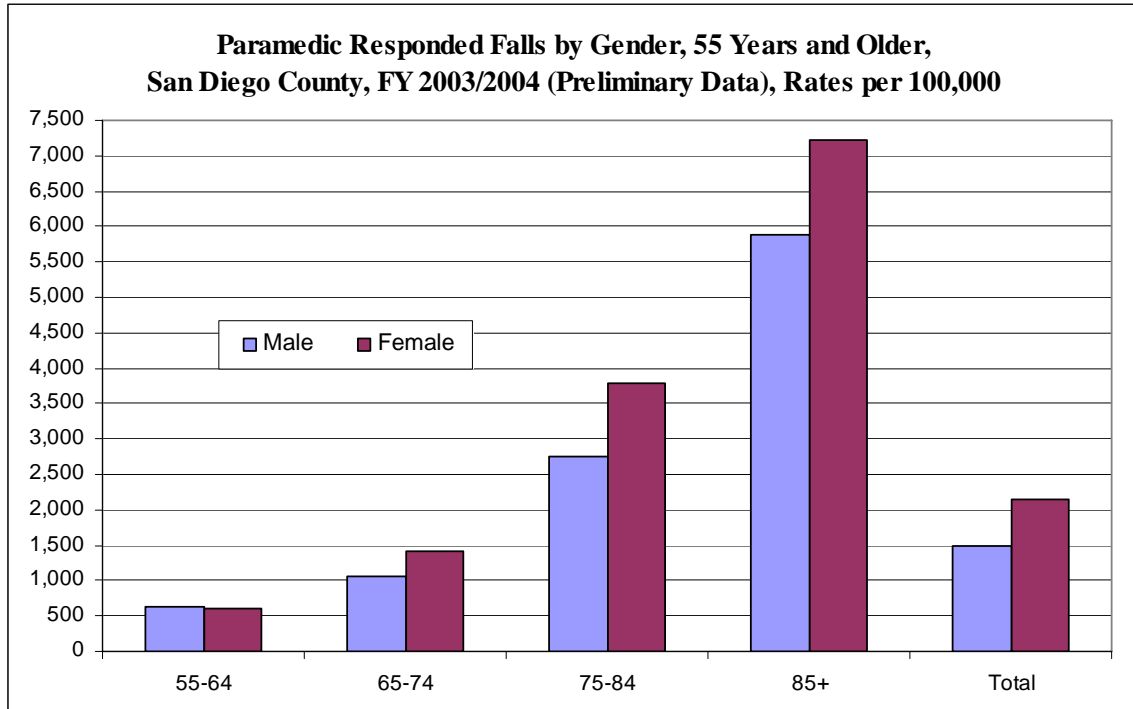
Among people 75 years and older, falls are the leading cause of injury death. The death rate from falls among older adults has increased continuously in recent years. The rate among the 65 years and older population in 2002/2003 (37 per 100,000) was nearly four times higher than it was during FY 1990/91 (10 per 100,000). This trend grew more pronounced with increasing age, with the fall death rate among those 85 years and older surpassing 100 per 100,000 during FY 2002/2003.



Source: County of San Diego Health and Human Services Agency, Division of Emergency Medical Services, Medical Examiner Database, FY 1988/1989 – 2002/2003; Population Estimates: SANDAG.

## AGE AND GENDER

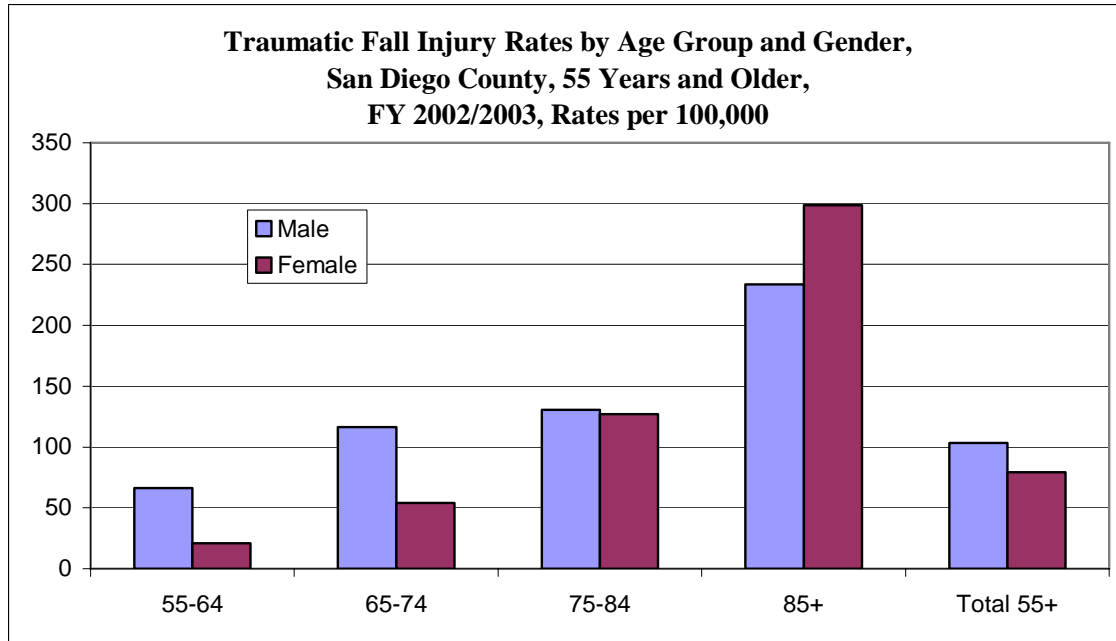
Although females made up 55% of the population ages 55 years and older in 2003/2004, they made up 63% of prehospital fall injuries. The rate of falling increases exponentially with age, with females suffering a higher rate of paramedic responded falls than males.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA); Population Estimates: SANDAG.

While males made up 45% of the population ages 55 years and older in 2002/2003, they made up 52% of the traumatic injuries and 60% of the deaths due to falls.

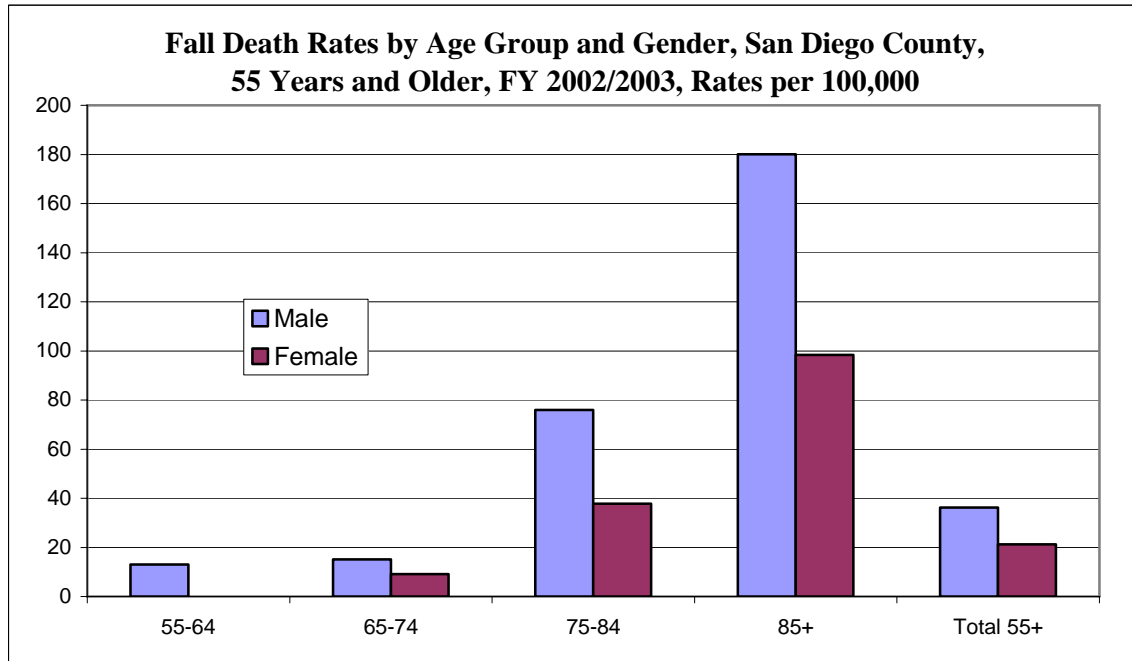
Males between the ages of 55 and 84 years had a higher rate of traumatic injury due to falls than females. Females 85 years and older, however, had a significantly higher rate of traumatic injury due to falls than males.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, San Diego County Trauma System Report, FY 2002/2003; Population Estimates: SANDAG.



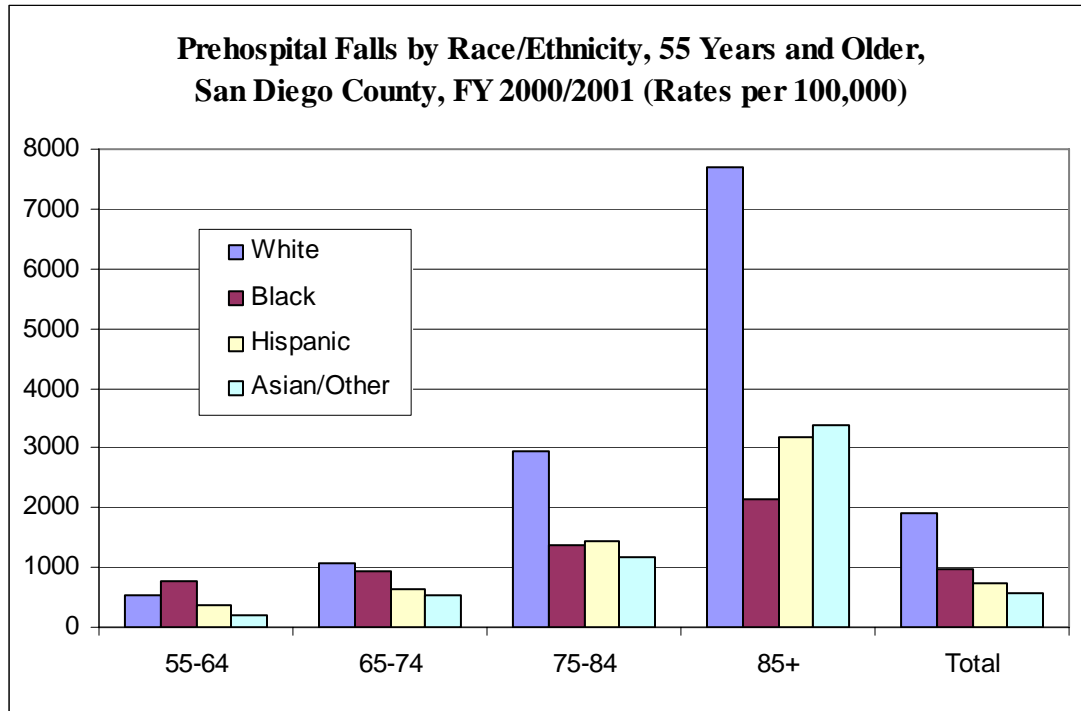
In FY 2002/2003, there were 137 deaths due to falls in San Diego County. Males had a higher death rate due to falls than females. The rate of fall deaths in males increased exponentially with age.



Source: County of San Diego Health and Human Services Agency, Division of Emergency Medical Services, Medical Examiner Database, FY 2002/2003; Population Estimates: SANDAG.

## RACE / ETHNICITY

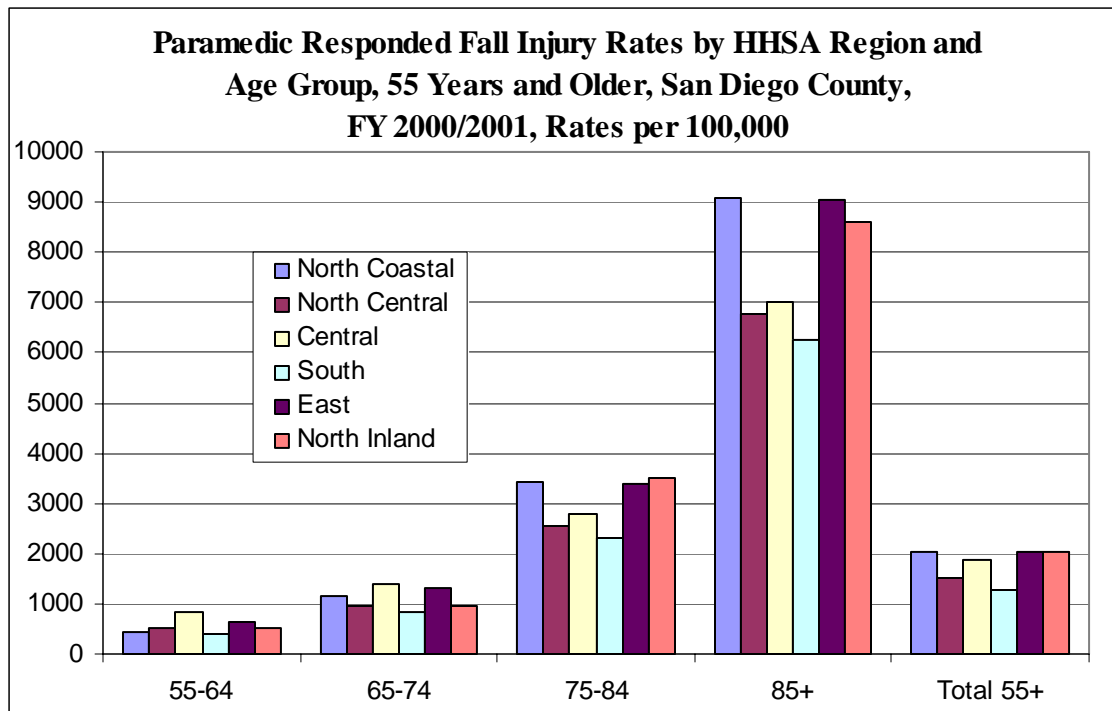
White people over the age of 75 years accessed 9-1-1 for fall injuries at a rate disproportional to other race categories. Blacks ages 55 to 64 years were seen by paramedics for fall injuries at a slightly higher rate than whites.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital Database FY 2000/2001; Population Estimates: SANDAG.

## HEALTH AND HUMAN SERVICES AGENCY REGIONS

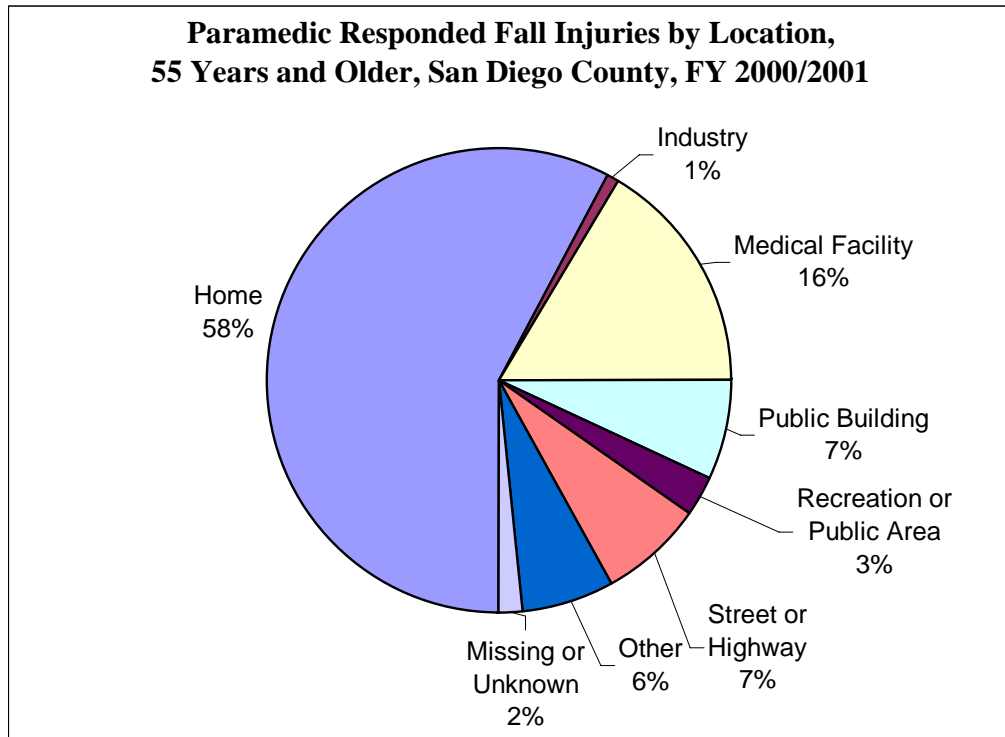
In San Diego County, people over the age of 75 years living in the North Coastal region accessed 9-1-1 for a fall injury at a higher rate than any other region in the county (4,858 per 100,000), followed closely by the East region (4,851 per 100,000) and the North Inland region (4,755 per 100,000). Among adults between the ages of 55 and 74 years, people living in the Central region had the highest rate of fall injury (1,030 per 100,000). The South region had the lowest rate of paramedic responded fall injuries overall among people 55 years and older (1,271 per 100,000).



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital Database FY 2000/2001; Population Estimates: SANDAG.

## LOCATION OF FALL

Most fall injuries among people 55 years and older in San Diego County occurred in the home (58%), followed by medical facilities (16%).



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital Database FY 2000/2001; Population Estimates: SANDAG.

The following categories are used to describe location of fall:

**Home** – Any house or other non-institutional place of residence, including private driveway, garage, garden, walkway, swimming pool or yard.

**Industry** – Includes any building under construction, dockyard, dry dock, factory building or premise, work garage or shop, industrial yard, loading platform at a factory or store, industrial plant, railway yard, warehouse, or workhouse.

**Medical Facility** – Includes any doctor's office or clinic, urgent care, skilled nursing facility, or hospital.

**Public Building** – Any building and the adjacent grounds used by the general public or by a particular group of the public, such as airport, bank, casino, church, clubhouse, courthouse, hotel, market, nightclub, office building, post office, public hall, radio station, restaurant, school, commercial shops, bus or trolley station, store, or theater.

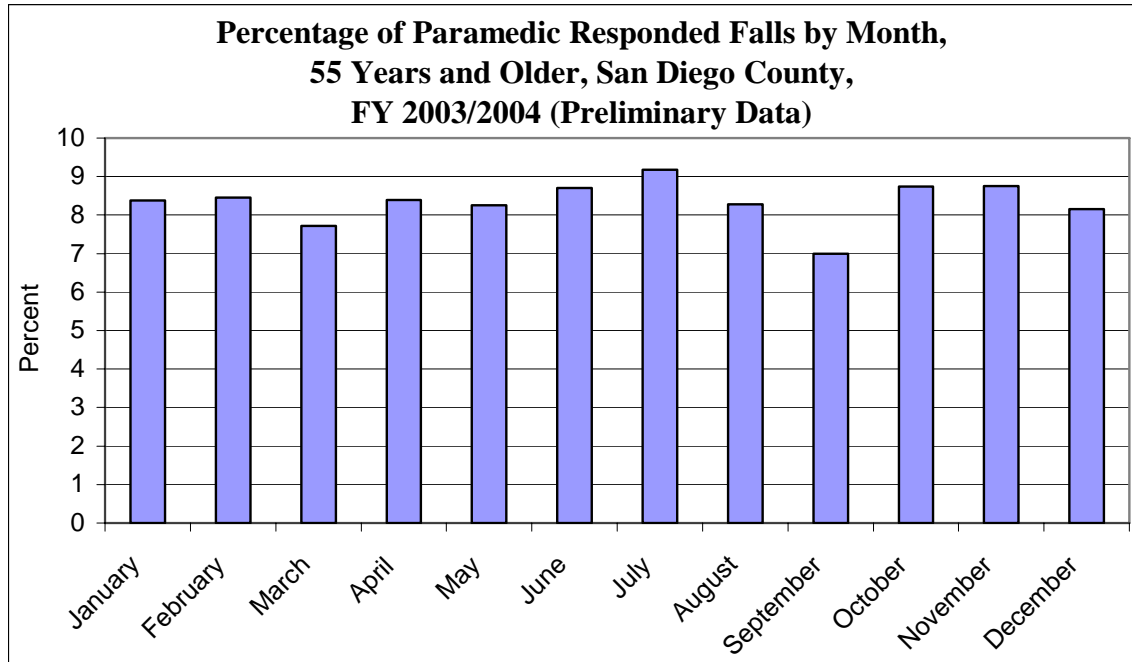
**Recreation or Public Area** – Includes any amusement park, athletic field, beach resort, golf course, gymnasium, holiday camp, lake resort, rifle range, skating rink, public park, racecourse, public swimming pool, or tennis court.

**Street or Highway** – Any public roadway or highway.

**Other** – Any specified location not mentioned above, including desert, ocean, or river.

## MONTH OF FALL

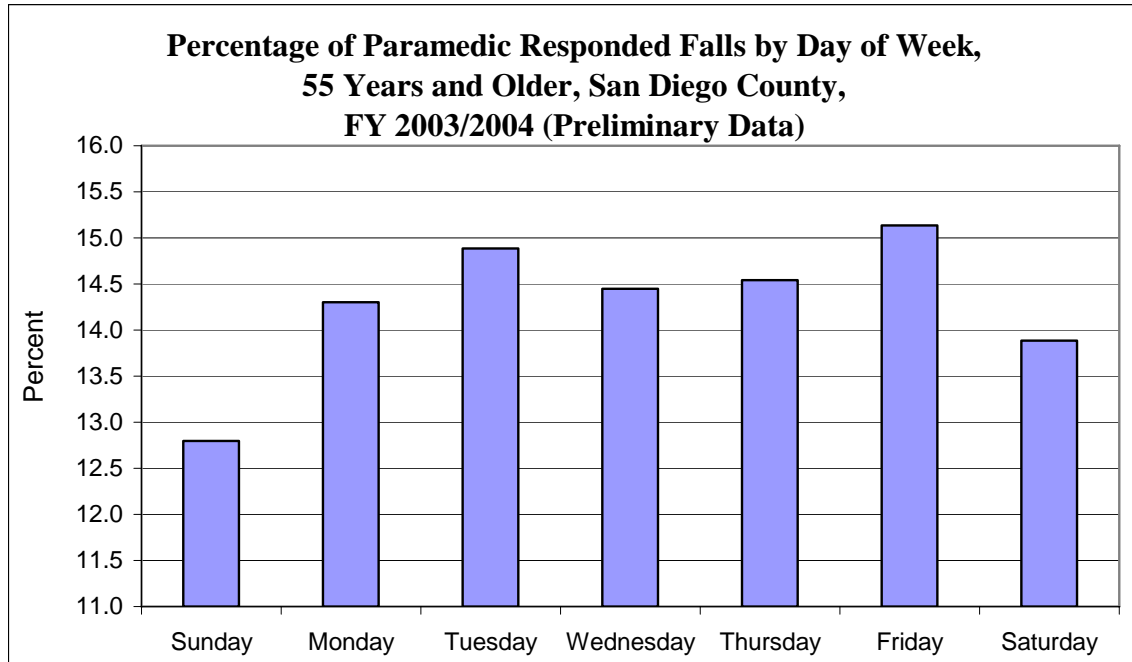
There was little difference in the occurrence of falls between months. However, paramedics responded to a slightly greater percentage of fall injuries among people ages 55 years and older in July (9.2%), followed closely by November (8.8%), October (8.7%), and June (8.7%).



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA).

## DAY OF WEEK

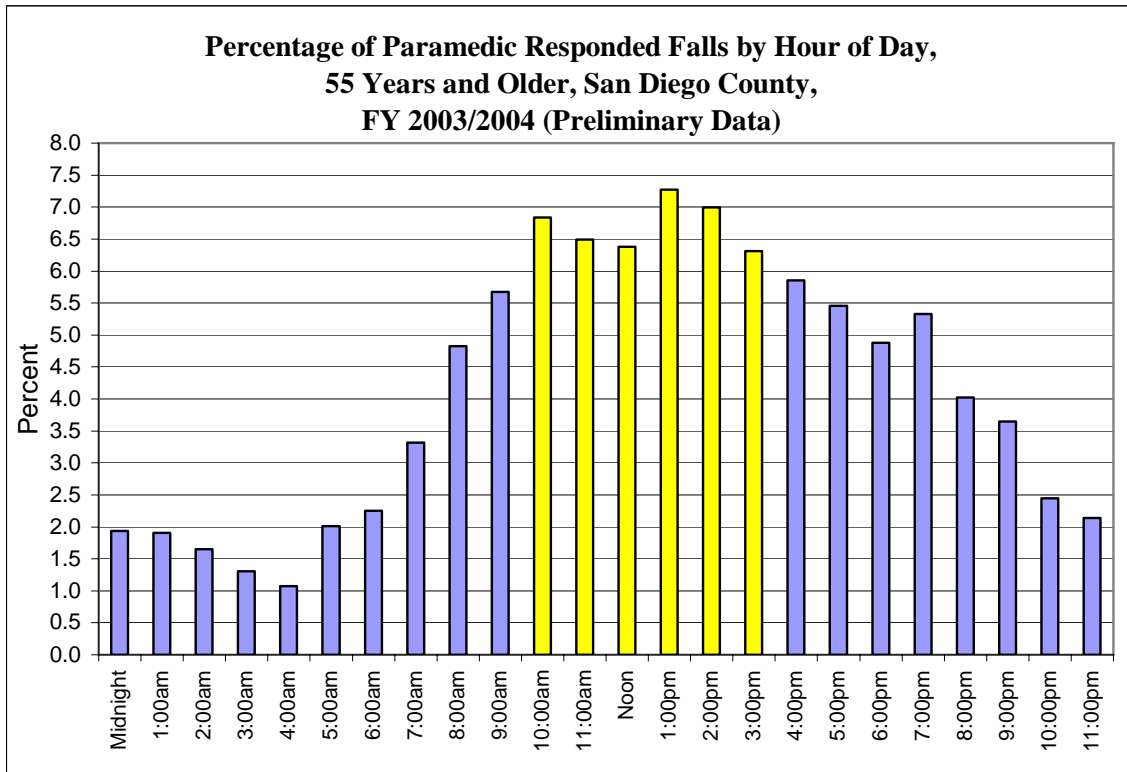
There was little difference in the distribution of elderly falls during the week. Paramedics responded to a slightly greater percentage of elderly fall injuries on Fridays (15.1%). However, the lowest proportion of falls occurred on the weekends: 13.9% on Saturdays and 12.8% on Sundays.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA).

## HOUR OF DAY

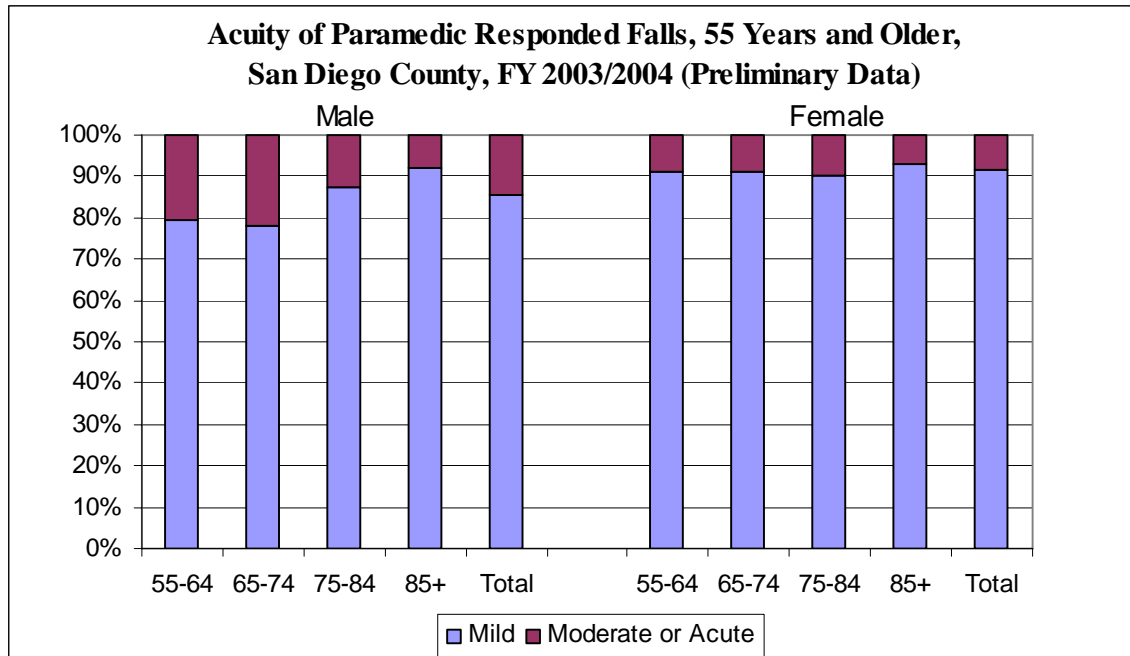
The majority of all paramedic responded fall injuries among people ages 55 years and older occurred during the late morning and early afternoon hours: 40% occurred between the hours of 10:00am and 3:59pm.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA).

## ACUITY

Among people ages 55 years and older, most falls seen by paramedics were of mild status. However, males experienced more severe injuries due to falls than females. Overall, in males, 15% of paramedic responded fall injuries were of moderate or acute status, compared to 9% of females.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA).

The following categories are used to describe the patient acuity:

**Mild** – Patient with stable vital signs and no apparent threat to life or limb.

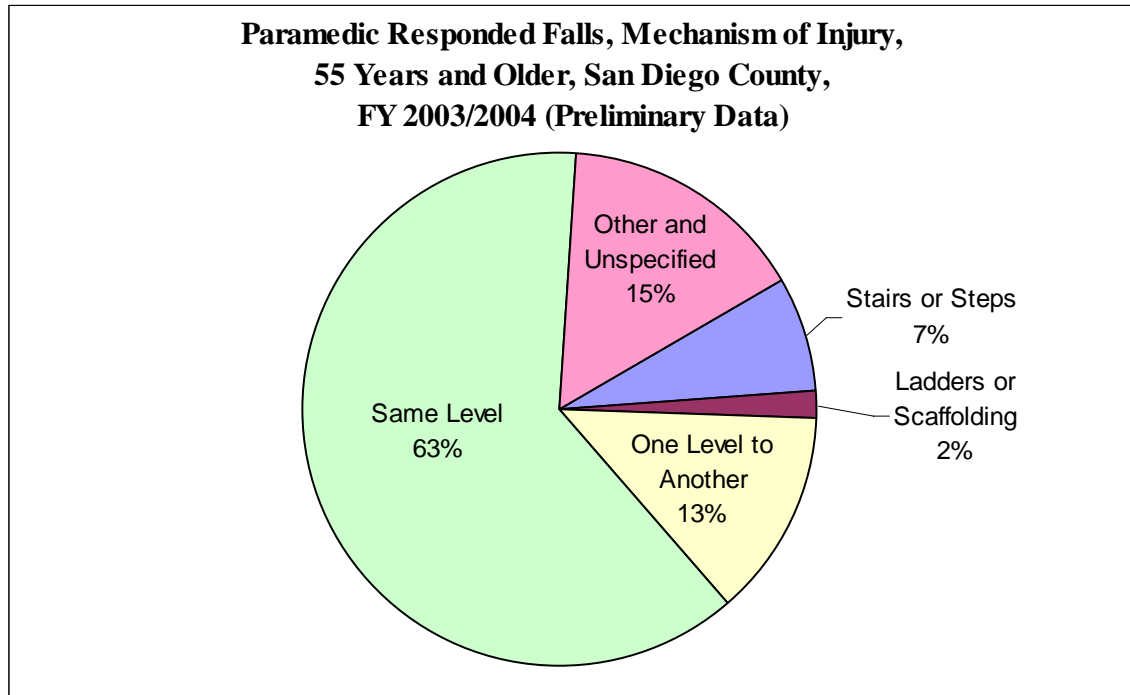
**Moderate** – Patient with suspected threat to life or limb needing immediate evaluation by medical personnel.

**Acute** – Patient with apparent need for immediate intervention to protect life or limb.



## MECHANISM OF FALL

The majority (63%) of all paramedic responded fall injuries among the population 55 years and older were due to falls on the same level.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA).

The following categories are used to describe the mechanism of fall:

**Same Level** – falls from scooters, roller skates or skis; moving sidewalk; slipping, tripping, or stumbling while walking; collision, pushing, or shoving in sports; falls from collision of pedestrian with another pedestrian.

**Other and Unspecified** – accidental falls; falls resulting in striking an object; from or out of building or other structure (balcony, bridge, wall, window, roof); falls into hole or other opening in surface (dock, swimming pool, well, pit, storm drain); other or unspecified falls.

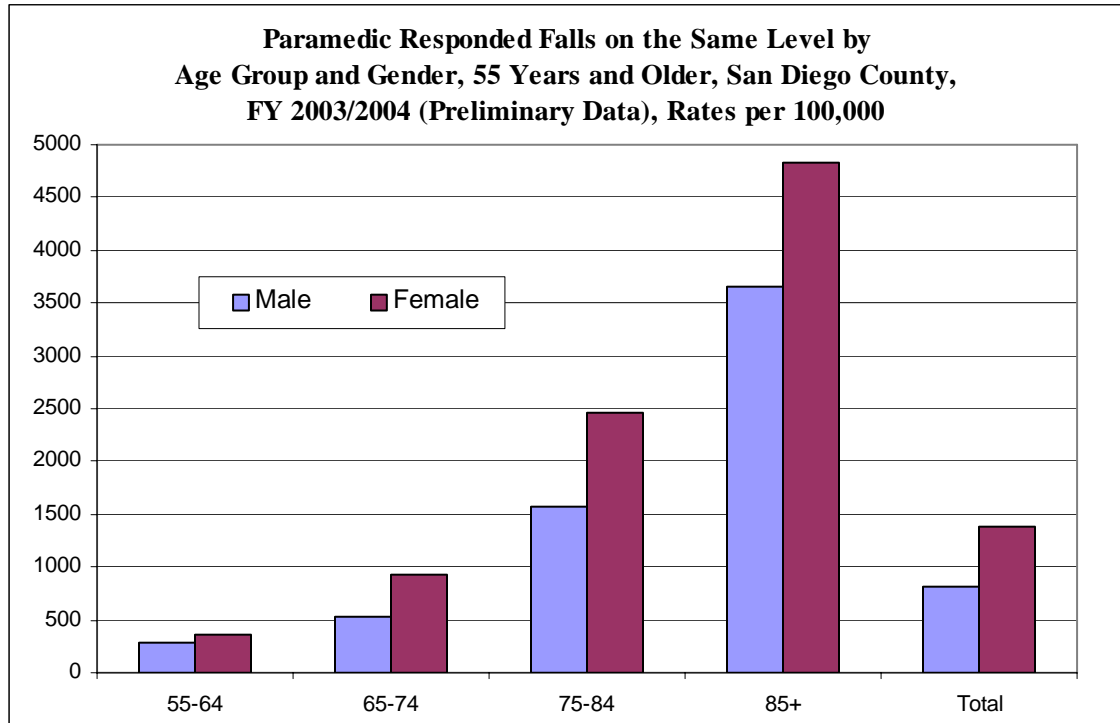
**Stairs or Steps** – includes falls from escalator, sidewalk curb, or any other stairs or steps.

**Ladder or Scaffolding** – includes falls from or while climbing ladders or scaffolding.

**One Level to Another** – includes falls from playground equipment, chair, wheelchair, bed, other furniture, commode, embankment, stationary vehicle, or other.

## FALLS ON THE SAME LEVEL

Nearly all (98%) paramedic responded falls on the same level were due to slipping, tripping, or stumbling while walking. The rate of females falling on the same level was higher and increased more with age compared to the rate of males falling on the same level. Although the location of the fall is not available in this database, a review of chief complaint notes revealed a significant proportion of falls occurring in or on the way to the bathroom, falling while using a walker or cane, and tripping on the carpet or rug.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA); Population Estimates: SANDAG.

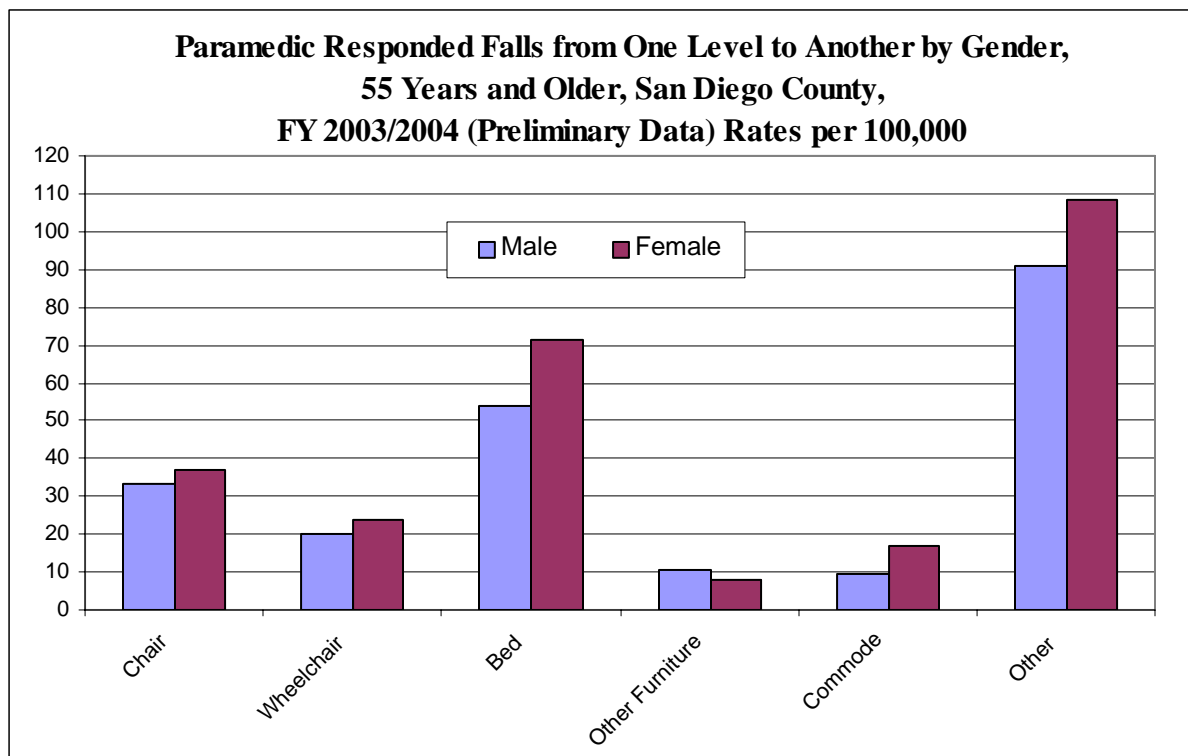
Common presentations for elderly falls on the same level include:

- Mechanical fall while attempting to reach commode.
- Trip and fall on carpet.
- Mechanical fall after standing up.
- Walking in house, lost balance, fell, striking head.
- Slipped while in bathroom.
- Mechanical fall in the shower.
- Backwards fall from walker.
- Mechanical fall while dressing, striking head.

## FALLS FROM ONE LEVEL TO ANOTHER

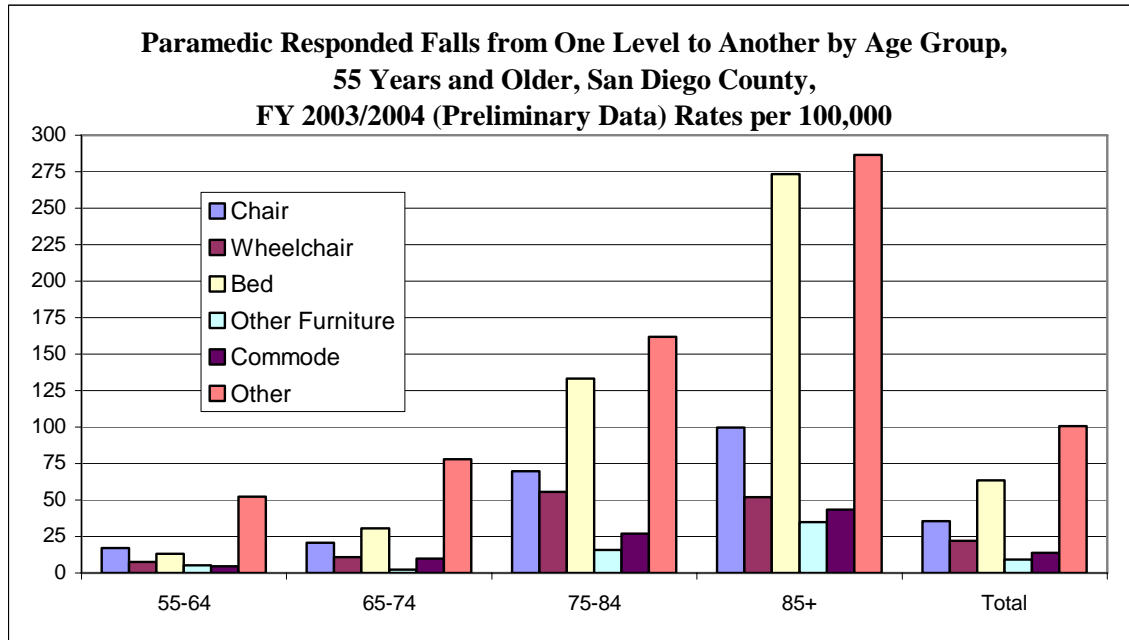
Falls from one level to another comprised 13% of all paramedic responded falls to patients 55 years and older. The highest rate of falls for both men and women were in the “other” category. After a review of the chief complaint notes, it should be noted that complaints in the “other” category often include falls from the commode, bed and other furniture that may have been misclassified.

The rate of falls from the bed was noticeably high. Paramedics responded to female falls from the bed at a rate of 71.4 per 100,000 and male falls from the bed at a rate of 53.66 per 100,000. Falls off of the commode were not as common as falls going to or from the commode.



Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA); Population Estimates: SANDAG.

Falls from one level to another increased with age for all categories except wheelchair, which decreased slightly from the 75 to 84 year age group to the 85 and older age group. The rate of falls from the bed increased dramatically for people over 75 years of age.



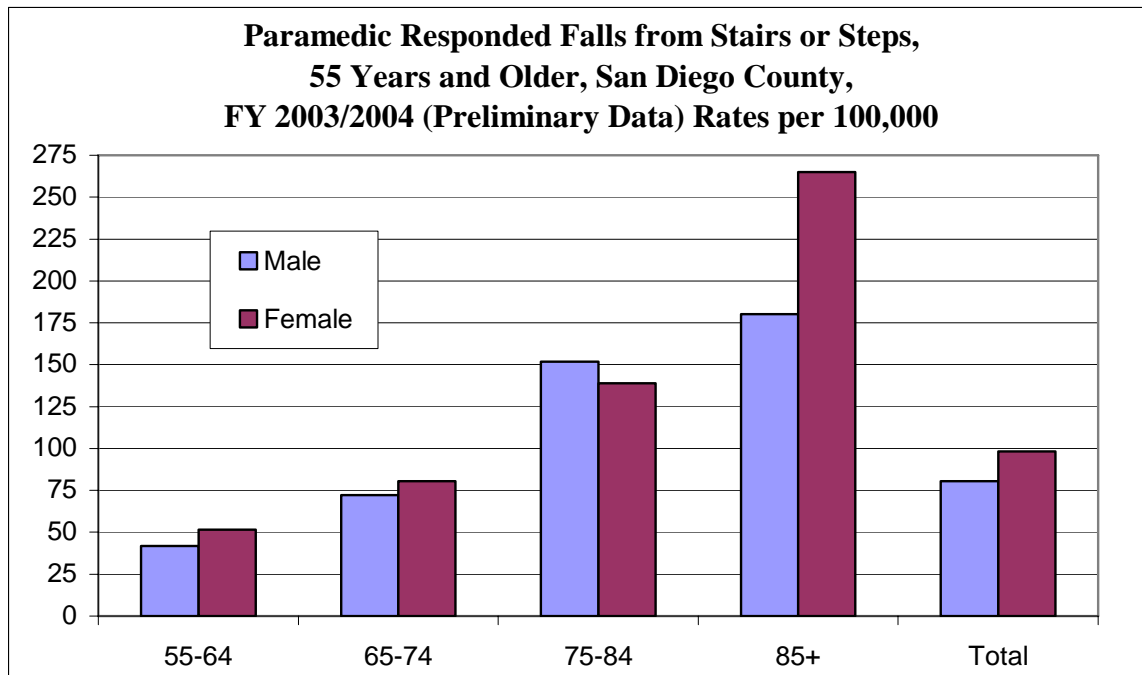
Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA); Population Estimates: SANDAG.

Common presentations for elderly falls from one level to another include:

- Fall while transferring from wheelchair to chair.
- Mechanical fall while attempting to sit on chair.
- Rolled out of bed to floor while getting up.
- Fall while attempting to get out of bed to walker.
- Fall to floor while sitting on commode that slipped out from under.
- Became dizzy, stood up and became more dizzy, falling to the ground and striking head.

## FALLS FROM STAIRS OR STEPS

The rate of paramedic responded falls from stairs or steps was slightly higher for men than for women in the 75 to 84 year age group, but significantly higher for women than for men in the 85 year and older age group. Falls from stairs or steps increased with age. Most falls were due to tripping on single steps, or getting dizzy or weak and losing balance.



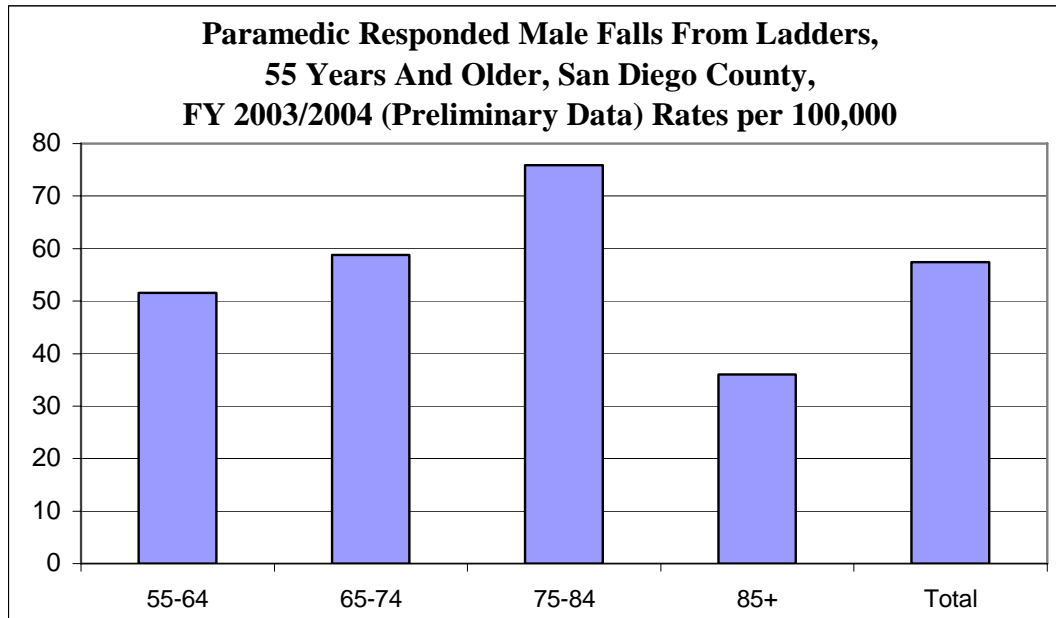
Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA).

Common presentations for elderly falls from stairs or steps include:

- Stumbled and tripped on low curb and fell to ground.
- Missed bottom stair step and fell.
- Standing on a stepstool and fell.

## FALLS FROM LADDERS

Falls from ladders were common in elderly men, increasing through ages 75 to 84 years, and then decreasing significantly in the 85 years and older age group. Overall, falls from ladders in elderly women occurred at a rate of 6.7 per 100,000.



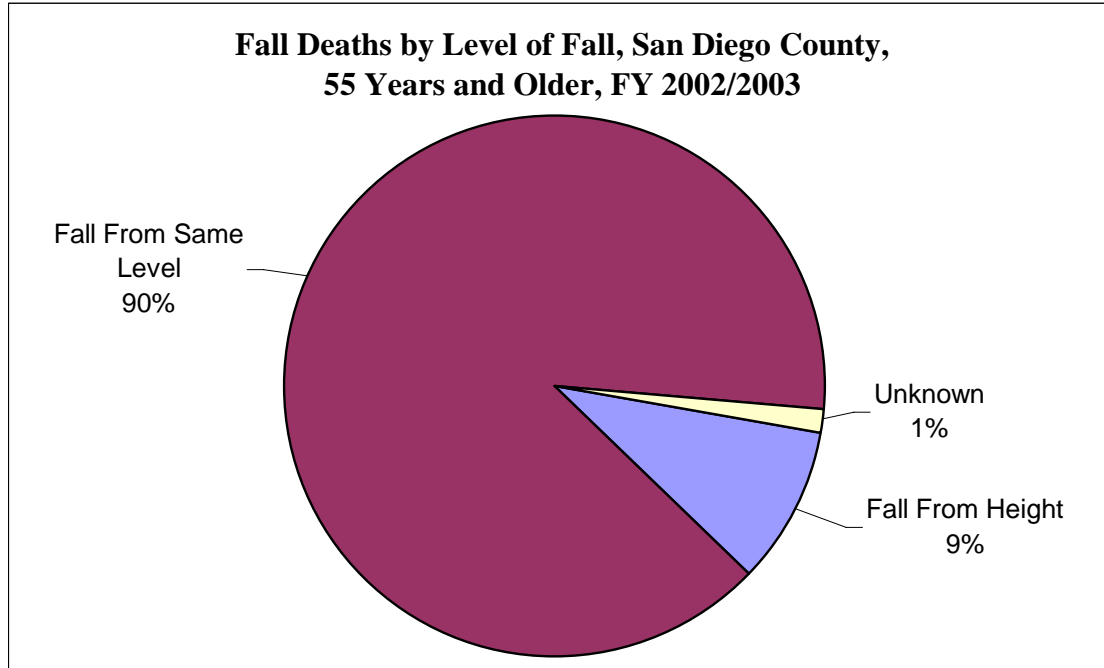
Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA); Population Estimates: SANDAG.

Common presentations for elderly falls from ladders include:

- Unwitnessed fall from ladder, found lying at the base of the ladder.
- Fall from ladder to bottom and struck head.
- Became dizzy while reaching, had syncopal episode and fell to floor.

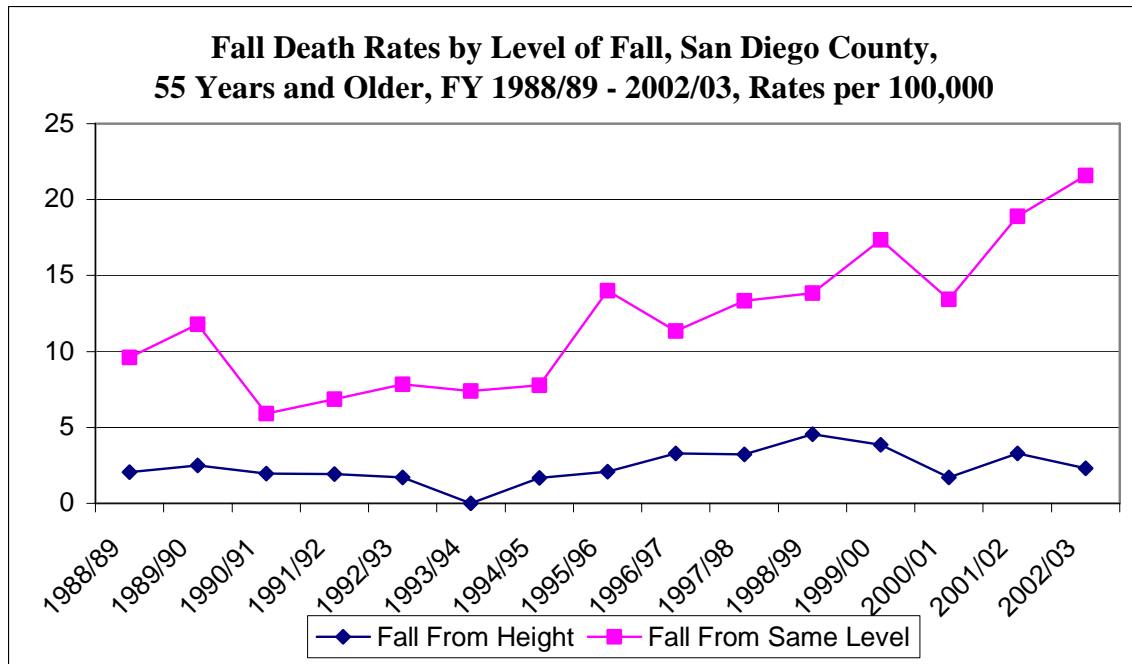
## FALL DEATH BY LEVEL OF FALL

Among people 55 years and older, 90% of all fall deaths were due to falls from slipping, tripping, or stumbling on the same level.



Source: County of San Diego Health and Human Services Agency, Division of Emergency Medical Services, Medical Examiner Database, FY 2002/2003.

The rate of fall deaths from the same level has increased over time while the rate of fall deaths from height has remained fairly constant.



Source: County of San Diego Health and Human Services Agency, Division of Emergency Medical Services, Medical Examiner Database, FY 2002/2003.



# TABLES

**Table 1: Description of Paramedic Responded Falls by Age Group and Gender, 55 Years and Older, San Diego County, FY 2003/2004 (Preliminary Data) Rates per 100,000\***

MALE	55-64		65-74		75-84		85+		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
Escalator	6	4.83	14	18.71	20	37.95	6	36.02	45	17.14
On or from sidewalk curb	6	4.83	2	*	6	11.38	8	48.03	21	8.20
Stairs or steps	51	41.87	53	72.18	78	151.79	29	180.10	211	80.49
Ladder	62	51.54	43	58.82	39	75.89	6	36.02	150	57.39
Scaffolding	6	4.83	2	*	0	-	0	-	8	2.98
From or out of building or structure	6	4.83	4	*	6	11.38	0	-	16	5.96
Into hole / other opening in surface	6	4.83	4	*	6	11.38	0	-	16	5.96
From chair	29	24.16	12	16.04	39	75.89	8	48.03	88	33.54
From wheelchair	8	6.44	8	10.69	23	45.54	14	84.05	53	20.12
From bed	16	12.88	21	29.41	55	106.25	49	300.17	141	53.66
From other furniture	8	6.44	2	*	10	18.97	8	48.03	27	10.43
From commode	4	*	6	8.02	12	22.77	4	*	25	9.69
Other fall from one level to another	61	49.93	62	85.55	74	144.20	41	252.14	238	90.92
From non-motorized scooter	2	*	6	8.02	23	45.54	12	72.04	43	16.40
From roller skates	0	-	0	-	0	-	0	-	0	-
Slipping, tripping, or stumbling	352	289.90	383	524.01	812	1,578.58	594	3,650.02	2,140	816.83
Collision, pushing, shoving in sports	0	-	2	*	2	*	0	-	4	*
Collision, pushing, or shoving: other	4	*	4	*	4	*	0	-	12	4.47
Fracture, cause unspecified	0	-	0	-	0	-	2	*	2	*
Fall resulting in striking sharp object	4	*	16	21.39	29	56.92	20	120.07	68	26.09
Fall resulting in striking other object	18	14.49	14	18.71	25	49.33	10	60.03	66	25.34
Other fall	82	67.64	70	96.25	92	178.35	86	528.29	330	125.95
Unspecified fall	35	28.99	45	61.49	66	129.02	62	384.21	209	79.75
<b>TOTAL</b>	<b>764</b>	<b>629.72</b>	<b>771</b>	<b>1,056.04</b>	<b>1,422</b>	<b>2,762.52</b>	<b>957</b>	<b>5,883.25</b>	<b>3,914</b>	<b>1,493.55</b>

FEMALE	55-64		65-74		75-84		85+		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
Escalator	12	8.86	25	29.06	39	54.50	16	54.38	92	28.68
On or from sidewalk curb	16	11.81	21	24.59	29	40.88	16	54.38	82	25.63
Stairs or steps	68	51.67	70	80.49	100	138.98	76	265.09	314	98.25
Ladder	12	8.86	6	6.71	4	*	0	-	21	6.71
Scaffolding	0	-	0	-	0	-	0	-	0	-
From or out of building or structure	0	-	0	-	4	*	0	-	4	*
Into hole / other opening in surface	0	-	0	-	4	*	2	*	6	1.83
From chair	14	10.33	21	24.59	47	65.40	37	129.15	119	37.23
From wheelchair	12	8.86	10	11.18	45	62.68	10	33.99	76	23.80
From bed	18	13.29	27	31.30	109	152.61	74	258.30	229	71.40
From other furniture	6	4.43	2	*	10	13.63	8	27.19	25	7.93
From commode	8	5.91	10	11.18	21	29.98	16	54.38	55	17.09
Other fall from one level to another	72	54.63	62	71.54	125	174.41	88	305.88	348	108.63
From non-motorized scooter	8	5.91	6	6.71	33	46.33	20	67.97	66	20.75
From roller skates	0	-	2	*	0	-	0	-	2	*
Slipping, tripping, or stumbling	471	355.82	805	921.12	1,762	2,458.11	1,387	4,826.08	4,424	1,382.23
Collision, pushing, shoving in sports	2	*	0	-	4	*	0	-	6	1.83
Collision, pushing, or shoving: other	2	*	4	*	12	16.35	10	33.99	27	8.54
Fracture, cause unspecified	0	-	2	*	0	-	4	*	6	1.83
Fall resulting in striking sharp object	6	4.43	14	15.65	39	54.50	29	101.96	88	27.46
Fall resulting in striking other object	6	4.43	16	17.89	29	40.88	21	74.77	72	22.58
Other fall	51	38.39	68	78.25	170	237.09	158	550.58	447	139.75
Unspecified fall	37	28.05	62	71.54	121	168.96	105	367.05	326	101.91
<b>TOTAL</b>	<b>818</b>	<b>618.62</b>	<b>1,232</b>	<b>1,410.75</b>	<b>2,707</b>	<b>3,777.10</b>	<b>2,076</b>	<b>7,225.53</b>	<b>6,834</b>	<b>2,135.28</b>

**Description of Paramedic Responded Falls by Age Group and Gender, 55 Years and Older,  
San Diego County, FY 2003/2004 (Preliminary Data) Rates per 100,000\* (Continued)**

TOTAL	55-64		65-74		75-84		85+		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
Escalator	18	<b>6.93</b>	39	<b>24.35</b>	59	<b>47.58</b>	21	<b>47.74</b>	137	<b>23.49</b>
On or from sidewalk curb	21	<b>8.47</b>	23	<b>14.61</b>	35	<b>28.55</b>	23	<b>52.08</b>	104	<b>17.78</b>
Stairs or steps	119	<b>46.99</b>	123	<b>76.71</b>	178	<b>144.34</b>	105	<b>234.37</b>	525	<b>90.26</b>
Ladder	74	<b>29.27</b>	49	<b>30.44</b>	43	<b>34.89</b>	6	<b>13.02</b>	172	<b>29.53</b>
Scaffolding	6	<b>2.31</b>	2	*	0	<b>0.00</b>	0	-	8	<b>1.34</b>
From or out of building or structure	6	<b>2.31</b>	4	*	10	<b>7.93</b>	0	*	20	<b>3.36</b>
Into hole / other opening in surface	6	<b>2.31</b>	4	<b>2.44</b>	10	<b>7.93</b>	2	-	21	<b>3.69</b>
From chair	43	<b>16.95</b>	33	<b>20.70</b>	86	<b>69.79</b>	45	<b>99.82</b>	207	<b>35.57</b>
From wheelchair	20	<b>7.70</b>	18	<b>10.96</b>	68	<b>55.51</b>	23	<b>52.08</b>	129	<b>22.14</b>
From bed	33	<b>13.09</b>	49	<b>30.44</b>	164	<b>133.23</b>	123	<b>273.43</b>	369	<b>63.41</b>
From other furniture	14	<b>5.39</b>	4	<b>2.44</b>	20	<b>15.86</b>	16	<b>34.72</b>	53	<b>9.06</b>
From commode	12	<b>4.62</b>	16	<b>9.74</b>	33	<b>26.96</b>	20	<b>43.40</b>	80	<b>13.76</b>
Other fall from one level to another	133	<b>52.38</b>	125	<b>77.92</b>	199	<b>161.78</b>	129	<b>286.45</b>	586	<b>100.66</b>
From non-motorized scooter	10	*	12	<b>7.31</b>	57	<b>46.00</b>	31	<b>69.44</b>	109	<b>18.79</b>
From roller skates	0	-	2	-	0	-	0	-	2	-
Slipping, tripping, or stumbling	822	<b>324.29</b>	1,187	<b>740.27</b>	2,574	<b>2,090.48</b>	1,980	<b>4,400.96</b>	6,564	<b>1,127.69</b>
Collision, pushing, shoving in sports	2	*	2	<b>1.22</b>	6	<b>4.76</b>	0	-	10	<b>1.68</b>
Collision, pushing, or shoving: other	6	<b>2.31</b>	8	<b>4.87</b>	16	<b>12.69</b>	10	<b>21.70</b>	39	<b>6.71</b>
Fracture, cause unspecified	0	-	2	*	0	-	6	<b>13.02</b>	8	<b>1.34</b>
Fall resulting in striking sharp object	10	<b>3.85</b>	29	<b>18.26</b>	68	<b>55.51</b>	49	<b>108.50</b>	156	<b>26.84</b>
Fall resulting in striking other object	23	<b>9.24</b>	29	<b>18.26</b>	55	<b>44.41</b>	31	<b>69.44</b>	139	<b>23.82</b>
Other fall	133	<b>52.38</b>	139	<b>86.45</b>	262	<b>212.54</b>	244	<b>542.52</b>	777	<b>133.54</b>
Unspecified fall	72	<b>28.50</b>	107	<b>66.97</b>	187	<b>152.27</b>	168	<b>373.26</b>	535	<b>91.93</b>
<b>TOTAL</b>	<b>1,582</b>	<b>623.93</b>	<b>2,004</b>	<b>1,249.21</b>	<b>4,129</b>	<b>3,353.02</b>	<b>3,033</b>	<b>6,740.32</b>	<b>10,747</b>	<b>1,846.38</b>

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2003/2004 (PRELIMINARY DATA); Population Estimates: SANDAG

\*Rates not calculated on fewer than five incidents.

**Table 2: Fall Deaths by Age Group and Gender, 55 Years and Older,  
San Diego County, FY 2002/2003, Rates per 100,000\***

Male	55-64		65-74		75-84		85+		Total 55+	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
Fall From Height	4	*	2	*	3	*	0	*	9	3.54
Fall From Same Level	8	6.96	11	15.05	27	52.61	26	173.43	72	28.31
<b>Total Fall Deaths</b>	<b>13</b>	<b>11.31</b>	<b>13</b>	<b>17.78</b>	<b>30</b>	<b>58.45</b>	<b>26</b>	<b>173.43</b>	<b>82</b>	<b>32.24</b>

Female	55-64		65-74		75-84		85+		Total 55+	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
Fall From Height	0	*	0	*	2	*	2	*	4	*
Fall From Same Level	3	*	8	9.18	20	27.96	19	69.23	50	16.10
<b>Total Fall Deaths</b>	<b>3</b>	<b>*</b>	<b>8</b>	<b>9.18</b>	<b>23</b>	<b>32.15</b>	<b>21</b>	<b>76.52</b>	<b>55</b>	<b>17.71</b>

Total	55-64		65-74		75-84		85+		Total 55+	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
Fall From Height	4	*	2	*	5	4.07	2	*	13	2.30
Fall From Same Level	11	4.60	19	11.85	47	38.25	45	106.04	122	21.60
<b>Total Fall Deaths</b>	<b>16</b>	<b>6.69</b>	<b>21</b>	<b>13.10</b>	<b>53</b>	<b>43.14</b>	<b>47</b>	<b>110.76</b>	<b>137</b>	<b>24.25</b>

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Medical Examiner Data, FY 2002/2003; Population Estimates: SANDAG.

\*Rates not calculated on fewer than five incidents.

Totals include 2 cases with missing level of fall.

**Table 3: Regional Description of Paramedic Responded Falls by SRA\*\* and Age Group, 55 Years and Older, San Diego County, FY 2000/2001, Rates per 100,000**

HSSA Region	Subregional Area	55-64		65-74		75-84		85+		Total	
		Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
North Coastal	San Dieguito	34	442.4	53	1,117.2	141	3,772.1	133	8,843.1	361	2,042.8
	Carlsbad	34	405.6	44	565.3	120	1,735.4	109	5,901.5	307	1,231.6
	Oceanside	47	469.1	145	1,607.2	293	4,052.0	221	11,055.5	706	2,497.3
	Pendleton	6	12,500.0	2	*	4	*	1	*	13	13,829.8
	Vista	34	569.2	71	1,458.8	194	5,223.5	158	11,924.5	457	2,878.0
	<b>Total+</b>	<b>155</b>	<b>482.7</b>	<b>315</b>	<b>1,190.8</b>	<b>752</b>	<b>3,480.7</b>	<b>622</b>	<b>9,315.6</b>	<b>1844</b>	<b>2,123.4</b>
North Central	Peninsula	28	641.6	26	767.6	49	1,538.9	35	3,156.0	138	1,145.8
	Kearny Mesa	76	672.8	112	1,067.2	244	3,237.8	178	10,224.0	610	1,963.4
	Coastal	52	742.4	57	1,081.2	149	3,110.6	127	7,095.0	385	2,041.8
	University	15	406.7	34	1,256.9	43	2,147.9	23	3,721.7	115	1,275.9
	Del Mar-Mira Mesa°	34	320.4	43	791.0	63	2,149.4	23	3,014.4	163	825.7
	Miramar	0	-	0	-	2	*	1	*	3	*
	Elliott-Navajo	27	329.1	49	729.1	90	1,942.6	97	8,754.5	263	1,272.6
	<b>Total+</b>	<b>232</b>	<b>513.5</b>	<b>321</b>	<b>943.5</b>	<b>640</b>	<b>2,552.1</b>	<b>484</b>	<b>6,789.2</b>	<b>1677</b>	<b>1,505.3</b>
Central	Central San Diego	154	1,539.2	163	2,268.0	215	3,992.6	201	8,796.5	733	2,948.3
	Southeast San Diego	33	307.2	37	475.6	47	1,080.2	28	2,816.9	145	607.6
	Mid-City	49	560.8	84	1,349.8	140	2,679.4	122	6,707.0	395	1,795.1
	<b>Total+</b>	<b>236</b>	<b>800.5</b>	<b>284</b>	<b>1,340.3</b>	<b>402</b>	<b>2,687.0</b>	<b>351</b>	<b>6,885.1</b>	<b>1273</b>	<b>1,799.8</b>
South	Coronado	10	543.8	27	1,621.6	43	2,733.6	44	7,732.9	124	2,196.2
	National City	16	507.3	26	836.3	44	2,090.3	48	8,465.6	134	1,499.7
	Sweetwater	5	75.8	7	175.0	23	1,119.2	12	2,214.0	47	356.3
	Chula Vista	51	635.4	95	1,270.7	184	3,352.8	117	7,200.0	447	1,976.6
	South Bay	30	359.0	34	549.5	44	1,388.0	29	4,482.2	137	746.1
	<b>Total+</b>	<b>112</b>	<b>400.4</b>	<b>189</b>	<b>842.3</b>	<b>338</b>	<b>2,348.7</b>	<b>250</b>	<b>6,329.1</b>	<b>889</b>	<b>1,293.1</b>
East	Jamul	3	*	9	1,119.4	14	3,966.0	9	9,090.9	35	1,340.0
	Spring Valley	23	377.9	36	869.6	60	2,136.0	51	5,841.9	170	1,222.2
	Lemon Grove	10	468.6	15	921.9	47	3,585.0	49	11,264.4	121	2,197.2
	La Mesa	38	848.2	66	1,643.4	168	4,391.0	177	9,693.3	449	3,173.6
	El Cajon	67	721.1	110	1,561.6	132	2,568.1	117	6,496.4	426	1,830.1
	Santee	22	542.9	27	1,083.0	60	3,208.6	33	6,918.2	142	1,596.9
	Lakeside	21	476.6	31	1,021.4	53	2,841.8	44	8,924.9	149	1,520.6
	Harbison Crest	24	1,510.4	22	1,962.5	62	9,253.7	59	29,798.0	167	4,667.4
	Alpine	18	1,213.8	20	2,159.8	35	6,603.8	36	19,354.8	109	3,488.0
	Laguna-Pine Valley	0	-	1	*	1	*	0	-	2	*
	Mountain Empire	5	771.6	7	1,383.4	8	3,088.8	14	17,721.5	34	2,278.8
	<b>Total+</b>	<b>231</b>	<b>639.3</b>	<b>344</b>	<b>1,321.1</b>	<b>640</b>	<b>3,401.7</b>	<b>589</b>	<b>9,029.6</b>	<b>1804</b>	<b>2,061.5</b>
North Inland	North San Diego°	19	285.8	41	874.8	169	3,813.2	156	8,580.9	385	2,189.5
	Poway°	23	321.7	20	458.1	70	1,950.4	61	6,192.9	174	1,081.5
	Ramona	5	185.5	11	623.2	32	2,935.8	13	4,814.8	61	1,047.9
	Escondido	76	720.6	95	1,263.5	296	5,041.7	282	10,825.3	749	2,821.9
	San Marcos	36	726.5	69	1,536.7	189	4,005.1	159	9,555.3	453	2,862.0
	Valley Center	7	308.1	4	*	14	1,009.4	10	2,673.8	35	600.8
	Pauma	2	*	1	*	4	*	4	*	11	976.0
	Fallbrook	22	524.4	32	874.8	60	2,322.9	57	6,566.8	171	1,512.7
	Palomar-Julian	2	*	3	*	4	*	1	*	10	517.6
	Anza-Borrego Springs	11	2,558.1	7	1,419.9	16	5,211.7	6	6,451.6	40	3,023.4
	<b>Total+</b>	<b>203</b>	<b>504.4</b>	<b>283</b>	<b>950.4</b>	<b>854</b>	<b>3,479.2</b>	<b>749</b>	<b>8,502.7</b>	<b>2089</b>	<b>2,020.8</b>

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital Database FY 2000/2001 (PRELIMINARY DATA); Population Estimates: SANDAG

\*\*SRA: Subregional Area; \*Rates not calculated on fewer than five incidents.

°SRA overlaps a second region. All falls for this SRA are represented in the given region. Population estimates based on SRAs.

+Excludes 207 cases with missing age group or SRA information.

## NORTH COASTAL REGION

**Table 4: Paramedic Responded Falls by Age Group, North Coastal Region,  
55 Years and Older, FY 2000/2001, Rates per 100,000**

	55-64 Years		65-74 Years		75-84 Years		85+ Years		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
<i>Gender</i>										
Male	72	439.2	113	909.2	243	2,532.6	188	7,692.3	616	1,507.5
Female	83	461.9	210	1,373.9	521	4,081.2	436	9,833.1	1,250	2,477.5
<i>Race / Ethnicity</i>										
White	96	355.7	197	866.4	539	2,680.5	444	7,138.3	1,276	1,677.6
Black	6	810.8	5	1,302.1	0	-	1	*	12	887.6
Hispanic	14	340.1	15	556.0	22	1,712.1	9	2,571.4	60	710.1
Asian/Other	2	*	14	739.6	7	856.8	8	3,463.2	31	568.1
<b>Total**</b>	<b>156</b>	<b>454.0</b>	<b>323</b>	<b>1,165.5</b>	<b>765</b>	<b>3,421.1</b>	<b>626</b>	<b>9,101.5</b>	<b>1,870</b>	<b>2,047.8</b>

	Count	%	Count	%	Count	%	Count	%	Count	%
<i>Acuity</i>										
Mild	132	85.2	288	90.0	661	87.2	560	90.5	1,641	88.6
Moderate	20	12.9	31	9.7	84	11.1	51	8.2	186	10.0
Acute	3	1.9	1	0.3	13	1.7	8	1.3	25	1.3
<i>Location</i>										
Home	74	47.4	201	62.2	472	61.7	420	67.1	1,167	62.4
Industry	6	3.8	3	0.9	2	0.3	1	0.2	12	0.6
Medical Facility	10	6.4	35	10.8	147	19.2	125	20.0	317	17.0
Public Building	21	13.5	22	6.8	56	7.3	19	3.0	118	6.3
Public Rec. Area	5	3.2	5	1.5	3	0.4	2	0.3	15	0.8
Street or Highway	20	12.8	25	7.7	36	4.7	27	4.3	108	5.8
Other	18	11.5	29	9.0	43	5.6	22	3.5	112	6.0
Missing or Unknown	2	1.3	3	0.9	6	0.8	10	1.6	21	1.1
<i>Month</i>										
January	13	8.3	30	9.3	64	8.4	45	7.2	152	8.1
February	10	6.4	25	7.7	69	9.0	53	8.5	157	8.4
March	21	13.5	18	5.6	63	8.2	56	8.9	158	8.4
April	14	9.0	34	10.5	59	7.7	59	9.4	166	8.9
May	20	12.8	31	9.6	70	9.2	61	9.7	182	9.7
June	14	9.0	23	7.1	52	6.8	63	10.1	152	8.1
July	12	7.7	27	8.4	67	8.8	38	6.1	144	7.7
August	7	4.5	40	12.4	76	9.9	45	7.2	168	9.0
September	16	10.3	34	10.5	72	9.4	54	8.6	176	9.4
October	14	9.0	16	5.0	51	6.7	43	6.9	124	6.6
November	8	5.1	19	5.9	61	8.0	53	8.5	141	7.5
December	7	4.5	26	8.0	61	8.0	56	8.9	150	8.0
<i>Day of Week</i>										
Sunday	19	12.2	38	11.8	104	13.6	88	14.1	249	13.3
Monday	28	17.9	38	11.8	103	13.5	83	13.3	252	13.5
Tuesday	22	14.1	38	11.8	114	14.9	103	16.5	277	14.8
Wednesday	21	13.5	55	17.0	99	12.9	87	13.9	262	14.0
Thursday	24	15.4	54	16.7	113	14.8	96	15.3	287	15.3
Friday	27	17.3	53	16.4	118	15.4	94	15.0	292	15.6
Saturday	15	9.6	47	14.6	114	14.9	75	12.0	251	13.4

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2000/2001; Population Estimates: SANDAG

\*Rates not calculated on fewer than 5 incidents.

% percentage within each age group.

\*\*Total includes 4 cases with missing gender, 491 cases with missing race/ethnicity, and 18 cases with missing acuity.

## NORTH CENTRAL REGION

**Table 5: Paramedic Responded Falls by Age Group, North Central Region,  
55 Years and Older, FY 2000/2001, Rates per 100,000**

	55-64 Years		65-74 Years		75-84 Years		85+ Years		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
<i>Gender</i>										
Male	98	473.6	130	856.0	219	2,095.1	134	5,409.8	581	1,190.3
Female	137	587.5	181	990.3	415	2,888.4	349	7,471.6	1082	1,784.4
<i>Race / Ethnicity</i>										
White	196	576.7	266	999.7	578	2,673.2	449	7,031.0	1489	1,680.6
Black	6	614.8	4	*	3	*	0	-	13	725.0
Hispanic	15	499.2	12	590.3	13	1,250.0	8	2,888.1	48	755.3
Asian/Other	13	214.9	23	535.0	21	1,083.6	12	2,898.6	69	543.3
<b>Total**</b>	<b>235</b>	<b>533.9</b>	<b>314</b>	<b>938.3</b>	<b>635</b>	<b>2,558.3</b>	<b>485</b>	<b>6,785.1</b>	<b>1669</b>	<b>1,524.9</b>

	Count	%	Count	%	Count	%	Count	%	Count	%
<i>Acuity</i>										
Mild	216	93.1	290	92.9	587	92.9	449	92.6	1542	92.8
Moderate	13	5.6	19	6.1	40	6.3	34	7.0	106	6.4
Acute	3	1.3	3	1.0	5	0.8	2	0.4	13	0.8
<i>Location</i>										
Home	93	39.6	172	54.8	336	52.9	275	56.7	876	52.5
Industry	16	6.8	5	1.6	3	0.5	0	0.0	24	1.4
Medical Facility	27	11.5	38	12.1	138	21.7	128	26.4	331	19.8
Public Building	19	8.1	20	6.4	37	5.8	21	4.3	97	5.8
Public Rec. Area	27	11.5	23	7.3	34	5.4	16	3.3	100	6.0
Street or Highway	26	11.1	24	7.6	46	7.2	20	4.1	116	7.0
Other	25	10.6	31	9.9	36	5.7	20	4.1	112	6.7
Missing or Unknown	2	0.9	1	0.3	5	0.8	5	1.0	13	0.8
<i>Month</i>										
January	18	7.7	24	7.6	56	8.8	30	6.2	128	7.7
February	18	7.7	22	7.0	48	7.6	40	8.2	128	7.7
March	22	9.4	23	7.3	59	9.3	51	10.5	155	9.3
April	14	6.0	22	7.0	46	7.2	37	7.6	119	7.1
May	13	5.5	27	8.6	49	7.7	38	7.8	127	7.6
June	18	7.7	24	7.6	47	7.4	33	6.8	122	7.3
July	13	5.5	26	8.3	66	10.4	44	9.1	149	8.9
August	25	10.6	32	10.2	47	7.4	36	7.4	140	8.4
September	30	12.8	20	6.4	56	8.8	45	9.3	151	9.0
October	21	8.9	34	10.8	66	10.4	49	10.1	170	10.2
November	25	10.6	23	7.3	43	6.8	42	8.7	133	8.0
December	18	7.7	37	11.8	52	8.2	40	8.2	147	8.8
<i>Day of Week</i>										
Sunday	23	9.8	46	14.6	71	11.2	59	12.2	199	11.9
Monday	31	13.2	37	11.8	81	12.8	76	15.7	225	13.5
Tuesday	29	12.3	50	15.9	96	15.1	85	17.5	260	15.6
Wednesday	30	12.8	42	13.4	120	18.9	59	12.2	251	15.0
Thursday	43	18.3	45	14.3	98	15.4	73	15.1	259	15.5
Friday	31	13.2	54	17.2	82	12.9	61	12.6	228	13.7
Saturday	48	20.4	40	12.7	87	13.7	72	14.8	247	14.8

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2000/2001; Population Estimates: SANDAG

\*Rates not calculated on fewer than 5 incidents.

% Percentage within each age group.

\*\*Total includes 6 cases with missing gender, 50 cases with missing race/ethnicity, and 8 cases with missing acuity.

## CENTRAL REGION

**Table 6: Paramedic Responded Falls by Age Group, Central Region,  
55 Years and Older, FY 2000/2001, Rates per 100,000**

	55-64 Years		65-74 Years		75-84 Years		85+ Years		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
<i>Gender</i>										
Male	121	872.6	122	1,299.4	140	2,411.3	96	6,056.8	479	1,563.0
Female	116	790.4	163	1,460.7	265	3,032.4	256	7,472.3	800	2,105.3
<i>Race / Ethnicity</i>										
White	163	1,375.9	192	2,151.7	316	3,711.5	302	8,129.2	973	2,948.6
Black	35	703.4	32	953.8	27	1,503.3	10	2,590.7	104	989.3
Hispanic	25	383.7	35	807.6	27	1,240.8	23	4,107.1	110	809.7
Asian/Other	12	230.6	23	584.3	28	1,359.9	10	2,857.1	73	632.1
<b>Total**</b>	<b>237</b>	<b>830.4</b>	<b>285</b>	<b>1,387.0</b>	<b>405</b>	<b>2,784.5</b>	<b>352</b>	<b>7,024.5</b>	<b>1279</b>	<b>1,863.2</b>

	Count	%	Count	%	Count	%	Count	%	Count	%
<i>Acuity</i>										
Mild	210	89.0	259	91.5	379	94.0	327	92.9	1175	92.2
Moderate	20	8.5	19	6.7	22	5.5	22	6.3	83	6.5
Acute	6	2.5	5	1.8	2	0.5	3	0.9	16	1.3
<i>Location</i>										
Home	77	32.5	135	47.4	222	54.8	240	68.2	674	52.7
Industry	3	1.3	3	1.1	1	0.2	1	0.3	8	0.6
Medical Facility	10	4.2	19	6.7	46	11.4	49	13.9	124	9.7
Public Building	21	8.9	32	11.2	23	5.7	11	3.1	87	6.8
Public Rec. Area	15	6.3	22	7.7	24	5.9	8	2.3	69	5.4
Street or Highway	82	34.6	45	15.8	59	14.6	27	7.7	213	16.7
Other	28	11.8	28	9.8	30	7.4	15	4.3	101	7.9
Missing or Unknown	1	0.4	1	0.4	0	0.0	1	0.3	3	0.2
<i>Month</i>										
January	23	9.7	24	8.4	29	7.2	28	8.0	104	8.1
February	22	9.3	14	4.9	36	8.9	29	8.2	101	7.9
March	16	6.8	30	10.5	48	11.9	30	8.5	124	9.7
April	15	6.3	32	11.2	38	9.4	17	4.8	102	8.0
May	11	4.6	21	7.4	25	6.2	25	7.1	82	6.4
June	16	6.8	12	4.2	32	7.9	22	6.3	82	6.4
July	28	11.8	20	7.0	31	7.7	37	10.5	116	9.1
August	31	13.1	24	8.4	46	11.4	32	9.1	133	10.4
September	21	8.9	13	4.6	25	6.2	33	9.4	92	7.2
October	23	9.7	27	9.5	32	7.9	42	11.9	124	9.7
November	19	8.0	30	10.5	33	8.1	27	7.7	109	8.5
December	12	5.1	38	13.3	30	7.4	30	8.5	110	8.6
<i>Day of Week</i>										
Sunday	33	13.9	43	15.1	50	12.3	43	12.2	169	13.2
Monday	29	12.2	42	14.7	48	11.9	45	12.8	164	12.8
Tuesday	31	13.1	32	11.2	68	16.8	58	16.5	189	14.8
Wednesday	28	11.8	42	14.7	64	15.8	50	14.2	184	14.4
Thursday	38	16.0	34	11.9	57	14.1	60	17.0	189	14.8
Friday	45	19.0	53	18.6	71	17.5	44	12.5	213	16.7
Saturday	33	13.9	39	13.7	47	11.6	52	14.8	171	13.4

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2000/2001; Population Estimates: SANDAG

\*Rates not calculated on fewer than 5 incidents.

% Percentage within each age group.

\*\*Total includes 19 cases with missing race/ethnicity, and 5 cases with missing acuity.



## SOUTH REGION

**Table 7: Paramedic Responded Falls by Age Group, South Region,  
55 Years and Older, FY 2000/2001, Rates per 100,000**

	55-64 Years		65-74 Years		75-84 Years		85+ Years		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
<i>Gender</i>										
Male	50	379.3	76	755.7	120	1,953.1	66	5,011.4	312	1,016.3
Female	62	404.1	112	879.3	218	2,576.2	183	6,800.4	575	1,465.6
<i>Race / Ethnicity</i>										
White	67	557.6	111	1,102.8	239	2,847.6	196	7,529.8	613	1,853.3
Black	5	553.7	4	*	6	3,000.0	4	*	19	1,174.3
Hispanic	26	243.5	36	445.7	49	1,203.0	25	2,590.7	136	571.6
Asian/Other	6	121.7	19	450.5	16	824.7	10	2,793.3	51	445.6
<b>Total**</b>	<b>112</b>	<b>392.6</b>	<b>189</b>	<b>829.2</b>	<b>338</b>	<b>2,314.1</b>	<b>250</b>	<b>6,237.5</b>	<b>889</b>	<b>1,271.2</b>

	Count	%	Count	%	Count	%	Count	%	Count	%
<i>Acuity</i>										
Mild	95	85.6	177	94.1	315	93.2	236	94.8	823	92.9
Moderate	12	10.8	9	4.8	20	5.9	13	5.2	54	6.1
Acute	4	3.6	2	1.1	3	0.9	0	0.0	9	1.0
<i>Location</i>										
Home	37	33.0	111	58.7	219	64.8	163	65.2	530	59.6
Industry	4	3.6	0	0.0	0	0.0	0	0.0	4	0.4
Medical Facility	12	10.7	21	11.1	44	13.0	52	20.8	129	14.5
Public Building	20	17.9	17	9.0	20	5.9	13	5.2	70	7.9
Public Rec. Area	3	2.7	5	2.6	2	0.6	2	0.8	12	1.3
Street or Highway	14	12.5	14	7.4	29	8.6	7	2.8	64	7.2
Other	22	19.6	20	10.6	21	6.2	10	4.0	73	8.2
Missing or Unknown	0	0.0	1	0.5	3	0.9	3	1.2	7	0.8
<i>Month</i>										
January	12	10.7	25	13.2	28	8.3	22	8.8	87	9.8
February	8	7.1	8	4.2	29	8.6	13	5.2	58	6.5
March	11	9.8	22	11.6	36	10.7	18	7.2	87	9.8
April	6	5.4	13	6.9	23	6.8	15	6.0	57	6.4
May	8	7.1	17	9.0	21	6.2	19	7.6	65	7.3
June	11	9.8	20	10.6	23	6.8	21	8.4	75	8.4
July	8	7.1	14	7.4	24	7.1	13	5.2	59	6.6
August	16	14.3	15	7.9	23	6.8	23	9.2	77	8.7
September	5	4.5	17	9.0	34	10.1	32	12.8	88	9.9
October	12	10.7	14	7.4	30	8.9	26	10.4	82	9.2
November	11	9.8	13	6.9	32	9.5	27	10.8	83	9.3
December	4	3.6	11	5.8	35	10.4	21	8.4	71	8.0
<i>Day of Week</i>										
Sunday	16	14.3	24	12.7	37	10.9	24	9.6	101	11.4
Monday	15	13.4	28	14.8	54	16.0	44	17.6	141	15.9
Tuesday	18	16.1	32	16.9	38	11.2	36	14.4	124	13.9
Wednesday	12	10.7	28	14.8	55	16.3	33	13.2	128	14.4
Thursday	20	17.9	23	12.2	36	10.7	42	16.8	121	13.6
Friday	17	15.2	27	14.3	59	17.5	41	16.4	144	16.2
Saturday	14	12.5	27	14.3	59	17.5	30	12.0	130	14.6

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2000/2001; Population Estimates: SANDAG

\*Rates not calculated on fewer than 5 incidents.

% Percentage within each age group.

\*\*Total includes 2 cases with missing gender, 70 cases with missing race/ethnicity, and 3 cases with missing acuity.

## EAST REGION

**Table 8: Paramedic Responded Falls by Age Group, East Region,  
55 Years and Older, FY 2000/2001, Rates per 100,000**

	55-64 Years		65-74 Years		75-84 Years		85+ Years		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
<i>Gender</i>										
Male	84	481.2	143	1,204.9	201	2,639.2	174	8,454.8	602	1,543.6
Female	145	764.2	200	1,387.0	436	3,850.2	415	9,336.3	1,196	2,432.7
<i>Race / Ethnicity</i>										
White	118	402.8	206	950.8	449	2,680.0	453	7,849.6	1,226	1,668.3
Black	15	1,379.9	5	891.3	2	*	1	*	23	1,137.5
Hispanic	12	324.6	22	930.2	16	1,378.1	14	3,526.4	64	839.9
Asian/Other	4	*	11	648.6	9	1,162.8	12	5,660.4	36	715.3
<b>Total**</b>	<b>231</b>	<b>634.1</b>	<b>344</b>	<b>1,308.6</b>	<b>640</b>	<b>3,379.1</b>	<b>589</b>	<b>9,057.4</b>	<b>1,804</b>	<b>2,046.2</b>

	Count	%	Count	%	Count	%	Count	%	Count	%
<i>Acuity</i>										
Mild	211	92.1	325	94.5	598	94.2	558	95.1	1,692	94.3
Moderate	16	7.0	17	4.9	34	5.4	25	4.3	92	5.1
Acute	2	0.9	2	0.6	3	0.5	4	0.7	11	0.6
<i>Location</i>										
Home	112	48.5	214	62.2	409	63.9	381	64.7	1,116	61.9
Industry	4	1.7	1	0.3	1	0.2	1	0.2	7	0.4
Medical Facility	22	9.5	35	10.2	100	15.6	134	22.8	291	16.1
Public Building	39	16.9	33	9.6	57	8.9	21	3.6	150	8.3
Public Rec. Area	5	2.2	3	0.9	1	0.2	1	0.2	10	0.6
Street or Highway	28	12.1	22	6.4	34	5.3	12	2.0	96	5.3
Other	19	8.2	31	9.0	26	4.1	29	4.9	105	5.8
Missing or Unknown	2	0.9	5	1.5	12	1.9	10	1.7	29	1.6
<i>Month</i>										
January	21	9.1	30	8.7	53	8.3	53	9.0	157	8.7
February	21	9.1	15	4.4	43	6.7	46	7.8	125	6.9
March	16	6.9	35	10.2	34	5.3	52	8.8	137	7.6
April	14	6.1	31	9.0	43	6.7	36	6.1	124	6.9
May	23	10.0	31	9.0	49	7.7	39	6.6	142	7.9
June	18	7.8	29	8.4	54	8.4	40	6.8	141	7.8
July	20	8.7	36	10.5	76	11.9	46	7.8	178	9.9
August	23	10.0	36	10.5	60	9.4	49	8.3	168	9.3
September	13	5.6	35	10.2	54	8.4	56	9.5	158	8.8
October	17	7.4	23	6.7	64	10.0	71	12.1	175	9.7
November	26	11.3	19	5.5	54	8.4	59	10.0	158	8.8
December	19	8.2	24	7.0	56	8.8	42	7.1	141	7.8
<i>Day of Week</i>										
Sunday	31	13.4	35	10.2	86	13.4	85	14.4	237	13.1
Monday	24	10.4	43	12.5	105	16.4	78	13.2	250	13.9
Tuesday	43	18.6	60	17.4	99	15.5	88	14.9	290	16.1
Wednesday	37	16.0	54	15.7	85	13.3	74	12.6	250	13.9
Thursday	33	14.3	46	13.4	84	13.1	91	15.4	254	14.1
Friday	37	16.0	62	18.0	93	14.5	76	12.9	268	14.9
Saturday	26	11.3	44	12.8	88	13.8	97	16.5	255	14.1

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2000/2001; Population Estimates: SANDAG

\*Rates not calculated on fewer than 5 incidents.

% Percentage within each age group.

\*\*Total includes 6 cases with missing gender, 455 cases with missing race/ethnicity, and 9 cases with missing acuity.

## NORTH INLAND REGION

**Table 9: Paramedic Responded Falls by Age Group, North Inland Region,  
55 Years and Older, FY 2000/2001, Rates per 100,000**

	55-64 Years		65-74 Years		75-84 Years		85+ Years		Total	
	Count	Rate	Count	Rate	Count	Rate	Count	Rate	Count	Rate
<i>Gender</i>										
Male	90	472.9	113	835.4	261	2,550.3	219	7,386.2	683	1,492.6
Female	107	529.6	165	1,058.8	581	4,183.8	523	9,219.1	1376	2,486.2
<i>Race / Ethnicity</i>										
White	135	440.1	213	884.7	695	3,205.3	643	8,165.1	1686	1,999.8
Black	4	*	1	*	0	-	1	*	6	710.9
Hispanic	21	500.4	14	575.9	26	2,255.0	10	2,832.9	71	872.9
Asian/Other	11	281.4	5	209.0	19	1,643.6	12	3,333.3	47	601.3
<b>Total**</b>	<b>198</b>	<b>504.6</b>	<b>281</b>	<b>965.3</b>	<b>843</b>	<b>3,494.9</b>	<b>743</b>	<b>8,601.5</b>	<b>2065</b>	<b>2,042.5</b>

	Count	%	Count	%	Count	%	Count	%	Count	%
<i>Acuity</i>										
Mild	164	85.9	231	84.0	767	101.6	672	91.9	1834	90.4
Moderate	16	8.4	35	12.7	58	7.7	53	7.3	162	8.0
Acute	11	5.8	9	3.3	6	0.8	6	0.8	32	1.6
<i>Location</i>										
Home	96	48.5	157	55.9	509	60.4	453	61.0	1215	58.8
Industry	12	6.1	3	*	1	*	0	-	16	0.8
Medical Facility	12	6.1	37	13.2	153	18.1	187	25.2	389	18.8
Public Building	31	15.7	26	9.3	62	7.4	26	3.5	145	7.0
Public Rec. Area	6	3.0	12	4.3	17	2.0	10	1.3	45	2.2
Street or Highway	14	7.1	16	5.7	46	5.5	24	3.2	100	4.8
Other	24	12.1	26	9.3	40	4.7	30	4.0	120	5.8
Missing or Unknown	3	1.5	4	1.4	15	1.8	13	1.7	35	1.7
<i>Month</i>										
January	22	11.1	23	8.2	84	10.0	62	8.3	191	9.3
February	16	8.1	20	7.1	80	9.5	75	10.1	191	9.3
March	18	9.1	32	11.4	59	7.0	58	7.8	167	8.1
April	12	6.1	23	8.2	71	8.4	56	7.5	162	7.8
May	19	9.6	20	7.1	70	8.3	56	7.5	165	8.0
June	16	8.1	19	6.8	60	7.1	55	7.4	150	7.3
July	14	7.1	23	8.2	62	7.4	65	8.7	164	7.9
August	21	10.6	29	10.3	67	8.0	61	8.2	178	8.6
September	10	5.1	22	7.8	67	8.0	59	7.9	158	7.7
October	12	6.1	21	7.5	72	8.6	60	8.1	165	8.0
November	18	9.1	26	9.3	76	9.0	74	10.0	194	9.4
December	20	10.1	23	8.2	74	8.8	62	8.3	179	8.7
<i>Day of Week</i>										
Sunday	35	17.7	36	12.8	124	14.7	86	11.6	281	13.6
Monday	24	12.1	42	14.9	128	15.2	108	14.5	302	14.6
Tuesday	30	15.2	48	17.1	128	15.2	110	14.8	316	15.3
Wednesday	20	10.1	37	13.2	107	12.7	102	13.7	266	12.9
Thursday	32	16.2	30	10.7	126	15.0	93	12.5	281	13.6
Friday	34	17.2	54	19.2	112	13.3	120	16.2	320	15.5
Saturday	23	11.6	34	12.1	117	13.9	124	16.7	298	14.4

Source: County of San Diego, Health and Human Services Agency, Division of Emergency Medical Services, Prehospital MICN Database FY 2000/2001; Population Estimates: SANDAG

\*Rates not calculated on fewer than 5 incidents.

% Percentage within each age group.

\*\*Total includes 6 cases with missing gender, 255 cases with missing race/ethnicity, 37 cases with missing acuity, and 1 case with missing month and day information.

# **RISK FACTORS EVALUATION PREVENTION**

## **RISK FACTORS FOR FALLING**

Although no single risk factor is responsible for all falls, the greater the number of risk factors to which a person is exposed, the greater the probability of a fall, and the more likely the results of the fall will threaten the individual's independence.

Demographic and historical factors are typically non-modifiable, but elderly persons should be aware that these factors might increase their risk of falling.

### **Demographic Factors**

- Older age – especially 75 years and older
- White race
- Female
- Housebound status
- Living alone

### **Historical Factors**

- Having had a previous fall
- Use of a cane or walker
- Acute illness
- Alcohol use

Changes in the body, chronic health conditions (especially more than one), and use of medication (especially more than three) are potentially modifiable risk factors. Although it may not be possible to eliminate these conditions, steps can be taken to reduce the risk of falling due to these factors.

### **Changes In The Body**

- Lower body weakness
- Gait or balance problems
- Physical limitations
- Vision problems, i.e. cataracts, presbyopia, decreased night vision
- Decreased flexibility
- Changes in sleep patterns
- Confusion and cognitive impairment
- Foot problems
- Neurological changes, i.e. slowed reaction time, diminished sensory awareness
- Vertigo

### **Chronic Health Conditions**

- Vitamin D or B12 deficiency
- Osteoarthritis and related pain
- Stroke
- Parkinson's disease
- Neuromuscular disease
- Urinary incontinence

- Postural hypotension
- Health problems
- High blood pressure
- Syncope
- Epilepsy
- Insomnia

## Medications

- Sedatives (anxiolytic agents) and Hypnotics:
  - Alprazolam (Xanax), Lorazepam (Ativan), Zolpidem (Ambien), Flurazepam (Dalmane), Diazepam (Valium)
- Tricyclic antidepressants
  - Imipramine (Imipramine), Amitriptyline (Amitriptyline), Nortriptyline (Nortriptyline), Doxepin (Doxepin)
- Selective Serotonin Reuptake Inhibitors (SSRIs):
  - Fluoxetine (Prozac), Paroxetine (Praxil), Sertraline (Zoloft)
- Blood thinners:
  - Warfarin Sodium (Coumadin), Heparin Sodium (Heparin), Clopidogrel Bisulfate (Plavix)
- Major tranquilizers:
  - Chlorpromazine (Thorazine), Clozapine (Clozaril), Risperidone (Risperdal)
- Cardiac medications:
  - Propranolol Hydrochloride (Inderal), Metoprolol Fumarate (Lopressor), Metoprolol Succinate (Toprol), Atenolol (Tenormin), Verapamil Hydrochloride (Isoptin, Calan), Diltiazem Hydrochloride (Tiazac, Cardizem), Digoxin (Lanoxin), Procainamide (Procan), Nitroglycerine (Nitrostat) Hydrochlorothiazide (Maxzide), Furosemide (Lasix), Toresemide (Demadex), Metolazone (Zaroxolin), Lisinopril (Lisinopril)
- Corticosteroids:
  - Betamethasone (Betamethasone), Cortisone (Cortisone), Hydrocortisone (Hydrocortisone), Prednisone (Prednisone)
- Nonsteroidal anti-inflammatory drugs
  - Indomethacin (Indocin), Naproxen (Naprosyn), Piroxicam (Feldene), Nabumetone (Relafen), Ibuprofen (Motrin, Advil)
- Anti-cholinergic drugs
  - Biperiden (Akineton), Procyclidine Hydrochloride (Kemadrin)
- Hypoglycemic agents
  - Glyburide (Glyburide), Glipizide (Glipizide), Metformin Hydrochloride (Glucophage), Pioglitazone Hydrochloride (Actos), Rosiglitazone Maleate (Avandia), Acarbose (Precos)
- Epilepsy medication
  - Phenytoin (Dilantin), Carbamazepine (Tegretol), Lorazepam (Ativan)
- Antihistamines
  - Diphenhydramine (Benadryl), Chlorpheniramine (Chlortrimeton)

More than one-third of all elderly falls involve environmental hazards in the home. The most common mechanism for falls is tripping over objects on the floor. Environmental hazards can be modified to significantly reduce the risk of falling.

**Environmental Factors**

- Home hazards – i.e. clutter, extension cords, rugs
- Poor lighting
- Shoes with thick, soft soles
- Pets – especially dogs and cats
- Lack of handrails
- Uneven walking surfaces
- Slippery surfaces
- Weather related conditions

## EVALUATION FOR FALLS POTENTIAL

Physicians should evaluate elderly patients with known risk factors to determine their fall potential. The American Academy of Family Physicians has suggested that the following components be included in the assessment.

- **Screening**
  - Physicians should question elderly patients with known risk factors on a regular basis.
  - Recurrent falls (2 or more falls in a six month period) should be evaluated for treatable causes.
- **History**
  - Medication review
  - Social support
  - History of falls
  - Functional inquiry
- **Risk Factor Assessment**
  - Intrinsic factors: age related physiologic changes, diseases, and medications.
  - Extrinsic: environmental hazards.
  - Evaluate each fall occurrence separately.
- **Physical Examination**
  - Vital signs
  - Vision and hearing tests
  - Gait and balance evaluation
  - Neurological examination
  - Functional evaluation
  - Laboratory tests
  - Mental status testing
  - Cardiac examination
  - Proprioception
- **Home Safety Evaluation**
  - Visually inspect the home to determine hazards.
  - Make recommendations for modifications.



## TIPS FOR FALLS PREVENTION

Research has shown that falls can be significantly reduced in the elderly population by identifying and modifying risk factors.

**Begin a regular exercise program.** Exercise is one of the most important ways to reduce the risk of falling. It improves strength, balance, flexibility, coordination, and bone mass. It also increases energy and stamina, helps us to sleep better, and improves chronic health conditions. Exercises such as Tai Chi, walking, and swimming have been proven to be most beneficial. Always check with your physician before you begin an exercise program.

**Include appropriate nutritional supplementation.** Eat or drink sufficient calcium. Postmenopausal women need 1,500mg of calcium daily from sources such as yogurt, cottage cheese, and milk to help prevent osteoporosis, which is a chief cause of fractures in older adults. Vitamin D and B12 deficiencies have also been shown to increase the risk of falling by causing muscle weakness, decreased bone mass, and declining neurological function. Sources of vitamin D include dairy products, fish, oysters, and fortified cereal. Vitamin B12 is found in animal foods including meat, fish, poultry, eggs, and dairy products.

Adults require a sufficient caloric and nutrient intake to maintain optimal health and strength. See the attached food pyramid from the U.S. Department of Agriculture in appendix B, or go to <http://mypyramid.gov/> to customize the pyramid for your age, sex, and activity level. Always check with your physician before you change your diet or begin taking new supplements. Some supplements can interfere with prescription medications.

**Have your vision checked.** Age-related vision diseases can increase the risk of falling. Cataracts and glaucoma alter depth perception, visual acuity, peripheral vision, and susceptibility to glare. These limitations hinder the ability to safely navigate the environment. An ophthalmologist should be visited regularly to determine the extent of eye disease, and eyeglass lenses should be cleaned often.

**Have your medications reviewed.** People taking multiple medications, especially if prescribed by more than one doctor, should have their physician or pharmacist conduct an in-person review of all current medications. Certain medications or combinations of medications can contribute to falls by reducing mental alertness, causing drops in systolic blood pressure, and worsening balance and gait.

**Take proactive measures in daily living.** Wear sturdy shoes with thin, non-slip soles, and avoid slippers and athletic or jogging shoes with thick soles. Get up slowly after you sit or lie down. Consider the use of hip protectors to protect yourself from injury if you do fall, and think about wearing an alarm device that will bring help in case you fall and can't get up.

**Make your home safer.** Home modifications should improve accessibility, adaptability, visibility, and design. The following tips for home safety were adapted from information provided by the Centers for Disease Control and Prevention.

*All Living Spaces*

- Move furniture so that pathways are clear.
- Reduce clutter. Always keep objects off the floor.
- Remove throw rugs or use a non-slip backing so the rugs won't slip.
- Coil or tape cords and wires next to the wall so they can't be tripped over.
- Have an electrician install extra outlets to reduce the number of long cords.
- Avoid floor wax.
- Ensure the telephone can be reached from the floor.
- Keep emergency numbers in large print near each phone.

*Stairs and Steps*

- Always keep objects off the stairs.
- Fix loose or uneven steps.
- Have an overhead light installed at the top and bottom of stairs.
- Replace burnt out light bulbs.
- Install a light switch at the top and bottom of the stairs.
- Fix loose handrails or install new ones on both sides of the stairs.
- Secure carpet or attach rubber treads on stairs.
- Paint a contrasting color on the top front edge of all steps.

*Kitchen*

- Keep items you use often on waist high shelves.
- Remove rugs.

*Bedrooms*

- Place a lamp close to the bed where it is easy to reach.
- Purchase a night-light.
- Have a sturdy piece of furniture or handrails next to the bed to assist in getting out of bed.
- Keep a telephone within reach of the bed.
- Use a battery power tap light next to the bed that is easy to use and able to be turned on in case of a power outage.

*Bathrooms*

- Put a non-slip rubber mat or self-stick strips on the shower/tub floor.
- Have grab bars installed next to and inside the tub, and next to the toilet.
- Take up floor mats when the bathtub or shower is not in use.
- Install a raised toilet seat.
- Add a padded bath or shower seat.
- Mount a liquid soap dispenser on the bathtub wall.
- Keep shower curtains inside the tub at all times to reduce your chances of falling over them or the water that drips from them.

*Outdoors*

- Repair cracked sidewalks
- Install handrails on stairs and steps.
- Trim shrubbery along the pathway to the home.
- Install adequate lighting by doorways and along walkways leading to doors.

## **FALLS PREVENTION HANDOUTS**

The following handouts may be photocopied and distributed to elderly persons for use in their own fall prevention efforts.

### **Are You at Risk of Falling?**

A self-assessment intended for use by seniors to determine if they are at an increased risk for falling.

### **Falls Prevention Checklist**

This checklist is designed for use by older persons and their caregivers to evaluate and identify problems that might increase their fall potential.

### **Emergency Numbers Form**

Appropriate telephone numbers should be written in large print and placed in clear view of every phone in the house.

### **VIAL of LIFE Form**

Seniors and adults with disabilities who sign up for this no-cost program will be given a plastic box or a magnetic plastic container that holds specific information on the individual's medical history. Should the paramedics be called in an emergency situation, they use the information in the box to save precious time in providing medical assistance. The form on pages 48-49 can be completed and taped to the refrigerator, or call **1-800-510-2020** to request a VIAL of LIFE box or magnetic container.

### **How To Fall Properly**

Not all falls are preventable. This handout gives tips on how to fall safely, thus reducing your chance of injury.

### **How To Get Up From a Fall**

Should a fall occur, this handout gives a step-by-step explanation of how to get up without causing further injury.

### **Protecting Your Feet To Prevent Falls**

The choice of footwear for older adults may be an important factor in preventing falls. This handout lists points to consider when choosing footwear, and proper ways to care for the feet.

## **ARE YOU AT RISK OF FALLING?**

### **Fall Prevention Self-Assessment**

- ☐ Do you take 4 or more medications daily?
- ☐ Have you fallen 2 or more times in the past 6 months?
- ☐ Do you wear floppy slippers or a long bathrobe?
- ☐ Do you have trouble getting in and out of the bathtub?
- ☐ Do you have trouble walking without holding on to something?
- ☐ Do you have trouble getting in and out of a chair?
- ☐ Do you have throw rugs?
- ☐ Do you have stairs without rails?
- ☐ Do you have clutter in your walking space?
- ☐ Do you have trouble seeing pathways or pets?

**If you checked any of the boxes above, please review the falls prevention checklist with your physician and a friend or family member to identify and correct specific problems that may lead to a fall.**

Adapted from Temple University's Fall Prevention Project

# **FALLS PREVENTION CHECKLIST**

## **Overview**

Each year in the United States, thousands of older Americans fall at home. As a result, many are seriously injured or disabled. The most common injuries are hip fractures and traumatic brain injury, and the consequences are severe. Between 20% and 30% of persons over the age of 65 years who suffer a hip fracture as the result of a fall will die within one year. Following a traumatic brain injury, less than 45% of persons over 75 years of age are discharged home. In addition to acute injury, falls result in reduced independence due to fear, decreased mobility and functional disability.

Falls often occur due to risk factors that can be modified and home hazards that can be fixed. This checklist will help you to identify and correct problems that might increase your fall potential. Read each suggestion, and ask a friend or relative to assist you in making each modification. If needed, a handyman can be hired to make necessary repairs in your home. Check with your insurance company to see if coverage is available.

## Home and Daily Activity Hazards

### Floors

- ☐ Clear pathways of furniture.
- ☐ Remove clutter from the floor.
- ☐ Remove low chairs that are difficult to sit in and get out of easily.
- ☐ Remove throw rugs.
- ☐ Coil cords and wires and tape to the wall.
- ☐ Secure carpet edges.
- ☐ Don't use floor wax.

### Stairs and Steps

- ☐ Remove all objects from the stairs.
- ☐ Fix broken or uneven steps.
- ☐ Secure carpet or tread on stairs.
- ☐ Install handrails on both sides of stairs that are as long as the stairs.
- ☐ Fix loose handrails.
- ☐ Install lights at top and bottom of stairs.
- ☐ Replace burnt out light bulbs.
- ☐ Install light switches at top and bottom of stairs.
- ☐ Use reflecting tape at the top and bottom of stairs.

### Kitchen

- ☐ Keep frequently used items on low shelves.
- ☐ Remove rugs.
- ☐ Keep a list of important healthcare information current and visible on your refrigerator. See the *VIAL of LIFE* emergency information form on pages 48-49.

### Bedrooms

- ☐ Place an easy to use lamp close to the bed.
- ☐ Put in a night light on the way to the bathroom.
- ☐ Install handrails or place a sturdy piece of furniture next to the bed.

## **Bathrooms**

- ☐ Use a non-slip rubber mat on the shower or tub floor.
- ☐ Install grab bars next to the tub and toilet.
- ☐ Install a raised toilet seat.
- ☐ Install a padded tub or shower seat.

## **Outdoors**

- ☐ Repair cracked or uneven sidewalks.
- ☐ Trim shrubbery along the pathway to the door.
- ☐ Install adequate lighting by doors and along walkways.

## **Clothing**

- ☐ Wear sturdy shoes with thin, non-slip soles.
- ☐ Avoid slippers and athletic shoes.
- ☐ Hem pants so that they don't touch the floor in bare feet.
- ☐ Consider wearing an alarm device or a whistle that will bring help in case of a fall.
- ☐ Keep a list of important healthcare information in your purse or wallet. See the *VIAL of LIFE* emergency information form on pages 48-49.

## **Physician Visit**

- ☐ Ask your doctor about beginning a regular exercise program.
- ☐ Take all medications to your doctor at each visit.
- ☐ Ask your doctor about appropriate nutritional supplementation.
- ☐ Have your vision checked annually.

## **Telephones**

- ☐ Make sure the phone can be reached from the floor.
- ☐ Keep a telephone within reach of the bed.
- ☐ Consider a cordless or cellular phone for your pocket.
- ☐ Keep a list of emergency numbers next to each phone.  
See the sample form on page 47.

## EMERGENCY NUMBERS

EMERGENCY: **9-1-1**

PHYSICIAN: \_\_\_\_\_

NEIGHBOR: \_\_\_\_\_

CLOSEST RELATIVE: \_\_\_\_\_

FIRE DEPARTMENT: \_\_\_\_\_

POLICE DEPARTMENT: \_\_\_\_\_

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## EMERGENCY NUMBERS

EMERGENCY: **9-1-1**

PHYSICIAN: \_\_\_\_\_

NEIGHBOR: \_\_\_\_\_

CLOSEST RELATIVE: \_\_\_\_\_

FIRE DEPARTMENT: \_\_\_\_\_

POLICE DEPARTMENT: \_\_\_\_\_





# VIAL of LIFE

Today's Date: \_\_\_\_\_

Sponsored By:



Information and Assistance **1-800-510-2020**

Name \_\_\_\_\_ Social Security # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone No. \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Gender: ☐ M ☐ F

Preferred Language \_\_\_\_\_ ☐ Single ☐ Married ☐ Divorce ☐ Widowed

Medicare # \_\_\_\_\_ Secondary/HMO Insurance Co. \_\_\_\_\_ Policy# \_\_\_\_\_

Have you filled out a **Durable Power of Attorney for Health Care form**? ☐ Yes ☐ No

If yes, Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Have you requested a Do Not Resuscitate order? ☐ Yes ☐ No If Yes, enclose.

## Notify in Case of Emergency

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Ph# \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Ph# \_\_\_\_\_

Clergy Name \_\_\_\_\_ Ph# \_\_\_\_\_

Pet Name/Type \_\_\_\_\_ Pet Sitter Name \_\_\_\_\_ Ph# \_\_\_\_\_

## Medical Information

Primary Physician \_\_\_\_\_ Ph# \_\_\_\_\_

Secondary Physician \_\_\_\_\_ Ph# \_\_\_\_\_

Hospital Record located at \_\_\_\_\_

Normal blood Pressure \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Drug Allergies (Specify) \_\_\_\_\_

Food Allergies (Specify) \_\_\_\_\_  
\_\_\_\_\_

**What medical problems/ physical disabilities do you have?** (For example: heart problems, diabetes, high blood pressure, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Past Surgeries:** (Type and Date) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Do You**

<b>Wear dentures?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Wear</b>	<b>Wear glasses</b> <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Wear contacts</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Hearing Aids</b> <input type="checkbox"/> Yes <input type="checkbox"/> No	<b>Use oxygen</b> <input type="checkbox"/> Yes <input type="checkbox"/> No

**Where do you keep your medications?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Current Medication:** *(include prescription and over-the-counter drugs, vitamins, and herbal supplements)*

Name: _____	Dosage/Time: _____	Purpose: _____
Name: _____	Dosage/Time: _____	Purpose: _____
Name: _____	Dosage/Time: _____	Purpose: _____
Name: _____	Dosage/Time: _____	Purpose: _____
Name: _____	Dosage/Time: _____	Purpose: _____
Name: _____	Dosage/Time: _____	Purpose: _____
Name: _____	Dosage/Time: _____	Purpose: _____

## **HOW TO FALL PROPERLY**

Not all falls are preventable, and can happen when you least expect them. It is natural to react by tensing your body and trying to brace yourself for the fall, but this reaction can cause significant injury. To reduce your chance of injury, consider the following suggestions for safe falling techniques.

## **HOW TO FALL PROPERLY**

1. **RELAX.** Tense muscles will transmit the shock of the fall to the less protected parts of the body. You may be able to aim your fall if you do not panic, thus avoiding hazardous edges.
2. **DO NOT REACH.** Using your hands to ‘break’ your fall can result in sprains, dislocations, or breaks of the fingers, wrists, arms, or shoulders.
3. **PROTECT YOUR HEAD.** Tuck your chin, and try to bring both hands to your head. This will not only protect your head, it will keep you from reaching out to break your fall.
4. **BEND YOUR KNEES.** Try to bend your knees and squat as much as possible, rolling onto your upper back as you fall. This will bring you closer to the ground, thus reducing the force of the impact. Think of tuck and roll.
5. **AVOID BONY SURFACES.** Avoid letting any part of the body where the bone is close to the skin strike hard surfaces. Including hips, knees, ankles, heels, elbows, spine, and head.
6. **SPREAD THE SHOCK.** Spread the force of impact evenly over the entire body, on soft surfaces such as the buttocks, forearms, thighs, and calves.
7. **BREATHE.** Breathe out sharply from your diaphragm during impact. Once down, stay calm by taking full breaths to avoid panic breathing and hyperventilation.

## **HOW TO GET UP FROM A FALL**

It is natural to feel fear when you fall. However, how you react after a fall can often cause more injuries than the fall itself. You may make an injury worse by trying to get up too quickly or in the wrong position. Stress from fear can also exacerbate chronic conditions

After you have fallen, remember to take several deep breaths, relax your body, and assess the situation to determine if you are hurt. If you think you have an injury, do not get up. Instead, activate your medical alert device, call 911, or get help from a neighbor or family member. If you do feel strong enough to get up, follow these steps adapted from the American Academy of Orthopedic Surgeons.

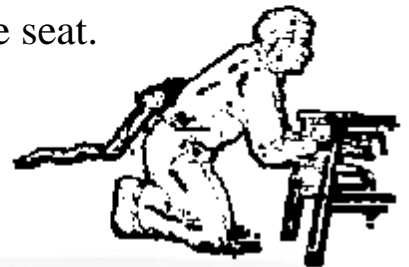
## HOW TO GET UP FROM A FALL

1. Roll over naturally onto the side of your body that hurts the least. Turn your head in the direction of the roll.
2. Relax, and assess your situation. If you are in pain, stay where you are and call for help.

3. Pull your legs into the fetal position, and place your hand in front of your chest. Push yourself into a sitting position.



4. If you can, crawl to a strong, stable piece of furniture like a couch or chair. Approach from the front and put both hands on the seat.



5. Slowly, begin to rise. Bend whichever knee is stronger, and keep your other knee on the floor. Push with both arms.



6. Slowly rotate around and sit on the chair or couch.



## **PROTECTING YOUR FEET TO PREVENT FALLS**

Whether it's from a medical condition or the shoes you wear, foot problems make walking difficult and make you more susceptible to falling. The following foot care and shoe wear guidelines were adapted from The American Academy of Orthopedic Surgeons to help seniors prevent falls.

# **PROTECTING YOUR FEET TO PREVENT FALLS**

## **Proper Footwear**

- Wear properly fitting, sturdy shoes with a nonskid, bendable sole that provide support. Toes should lie flat and straight inside the shoe.
- Use shoes that provide traction but do not have heavy rubber soles like walking or other athletic shoes. Avoid high heels and shoes with smooth, slick soles.
- Shoes with Velcro fasteners are safer than slip-ons, especially if you are unable to tie laces. If you do wear shoes with laces, keep them tied.
- Replace slippers that are too loose. Wear slippers with non-slip soles.
- Never walk in your stocking feet.

## **Proper Foot Care**

- Check your feet every day. Don't wait until they hurt. Look for cuts, blisters, bruises, sores, infected toenails, or swelling.
- Wash your feet every day with warm water. Don't soak longer than 10 minutes, or your skin will get dry and crack. Dry well between toes.
- Keep your feet soft and smooth. Use foot cream for sensitive skin on the tops and bottoms of your feet if the skin is dry and cracked. Wipe off excess cream and don't apply between your toes.
- Trim your toenails regularly.
- Exercise your toes, feet, and ankles daily. Simple squeeze and release of the toes and ankle rotations will help to maintain movement and good circulation.
- Be active every day.
- If you are either newly diagnosed with, or have a long-standing diagnosis of Diabetes Mellitus (DM), regular foot care is essential. Because of the increased potential for foot problems with DM, a medical provider should regularly examine your feet, and provide nail trimming and wound assessment. This type of care may also lower your risks of falling down.



## **HEALTH SERVICES AND RESOURCES**

## PROJECT CARE

### Core Services

Sadly, each year family, neighbors, postal, and utility workers discover a person who has died, or is gravely ill and has been in that condition for days or even weeks with no one noticing or helping.

Most older people and people with disabilities prefer to live independently. Those with chronic medical conditions, such as congestive heart failure, diabetes and emphysema have concerns about who would come to help should a medical emergency occur and they not be able to call for help.

Project CARE is a community effort that enables an older person or a person with disability to remain in their homes and feel safe. Each community develops its own program, utilizing the basic components and adding others, depending upon the needs of the individual and the resources available in the community. Most Project CARE sites offer the following seven core services.

**Are You OK?:** A daily telephone call is made to individuals who have signed up for this service. A computer automatically makes the calls at a regularly scheduled time selected by the participant. If the call goes unanswered, volunteers will check to see if the individual is OK.

**Gatekeeper:** Utility and refuse collection companies provide training for their meter readers and refuse collectors to recognize the warning signs that their customers may be in trouble. These signs include newspapers piling up by the door or garbage not being set out for collection. If a problem is noted, it will be reported to the appropriate authority for follow up.

**Minor Home Repair:** Volunteers and local business groups are recruited to assist in making minor home repairs for seniors and the disabled. Many of these repairs are related to basic health and safety, such as obtaining grab bars, ramps, handrails, and security lighting.

**Postal Alert:** Letter carriers are trained to keep a watchful eye on mailboxes belonging to older and disabled residents. If mail has not been picked up for two days, the letter carrier will check to see if the individual is okay.

**Safe Return:** A nationwide identification system of the Alzheimer's Association that helps authorities locate, identify, and safely return persons with dementia (and other cognitive impairments) who wander and become lost.

**Vial of Life:** Seniors and adult with disabilities who sign up for this no-cost program will be given a plastic box or a magnetic plastic container that holds specific information on the individual's medical history. Should the paramedics be called in an emergency situation, they use the information in the box to save precious time in providing medical assistance.

**You Are Not Alone (YANA):** A personalized phone call or home visit by the Senior Volunteer Patrol associated run by law enforcement s in various communities.

Most Project CARE programs are run by senior centers and non-profit organizations throughout the County. There is a need to expand project CARE as more people living longer and continuing to live in their own homes with limited resources. For more information on how to start your own program, please contact Saman Yaghmaee, Project CARE Coordinator, at **(858) 505-6300**

### ***Project CARE Locations***

#### **Clairemont Friendship Center**

Cathy Hopper, Executive Director  
Knight Joyce,  
Project CARE Coordinator  
4425 Bannock Street (P.O. Box 17366)  
San Diego, CA 92117 (92177)  
TEL: (858) 483-5100  
FAX (858) 483-3214  
[Joyce.knight@cfsc-sd.org](mailto:Joyce.knight@cfsc-sd.org)

#### **ElderHelp of San Diego**

John Hamilton  
Program Director  
4069 30th Street  
San Diego, CA 92104  
TEL: (619) 284-9281 x 19  
FAX (619) 284-0214  
[jhamilton@elderhelpofsan-diego.org](mailto:jhamilton@elderhelpofsan-diego.org)

#### **Meals On Wheels, Metro Division**

Leslie Garrett, Division Manager  
2254 San Diego Avenue, Suite 100  
San Diego, CA 92110-2944  
TEL: (619) 295-9501 (Leslie)  
FAX (619) 686-6866  
[lgarrett@meals-on-wheels.org](mailto:lgarrett@meals-on-wheels.org)

#### **Neighborhood House Senior Center**

Jeanette Van, Director  
841 South 41st Street  
San Diego, CA 92113  
TEL: (619) 263-2108  
FAX (619) 263-6398  
[jvan@neighborhoodhouse.org](mailto:jvan@neighborhoodhouse.org)

#### **Senior Community Centers**

Paul Downey, Executive Director  
Joel Gumbayan  
Project Care Coordinator  
928 Broadway  
San Diego, CA 92101  
TEL: (619) 235-6538 / (619) 235-4182  
FAX (619) 544-9811  
[joel.gumbayan@servingseiors.org](mailto:joel.gumbayan@servingseiors.org)

#### **Sharp Senior Resource Center**

East County Project CARE  
Andrea Holmberg, Director  
Grossmont Hospital  
P.O. Box 158  
La Mesa, CA 91944-0158  
TEL: (619) 644-4214  
FAX (619) 644-4468  
Pager: (858) 494-5020  
[andrea.holmberg@sharp.com](mailto:andrea.holmberg@sharp.com)

**Fallbrook Health Foundation**

Judy Larsen, Project CARE Coordinator  
P.O. Box 663  
Fallbrook 92088  
Tel: (760) 723-8182  
Fax: (760) 723-0358  
[Projectcare@tfb.com](mailto:Projectcare@tfb.com)

**Joslyn Senior Center**

Char Malone, Project CARE  
Coordinator  
210 Park Ave, Room #6  
Escondido, CA 92025  
TEL: (760) 839-4896  
FAX (760) 745-5837  
[cmalone@ci.escondido.ca.us](mailto:cmalone@ci.escondido.ca.us)

**Meals On Wheels,**

North County Division  
Ellen Baron, Project CARE Director  
930 Boardwalk, Suite C  
San Marcos, CA 92069  
TEL: (760) 736-9900  
FAX (760) 736-9922  
[ebaron@meals-on-wheels.org](mailto:ebaron@meals-on-wheels.org)

**Oceanside Senior Citizens Center**

Maureen Fleming,  
Senior Center Director  
Alice Taylor,  
Project CARE Coordinator  
455 Country Club Lane  
Oceanside, CA 92051  
TEL: (760) 435-5250  
FAX (760) 433-1607

**Poway Weingart Senior Center**

Sherrie Ann Bagley, Executive Director  
Pat Palmer, Project CARE Coordinator  
13094 Bowran Road  
Poway, CA 92064  
TEL: (858) 748-6094, ext. 307  
FAX (858) 748-3019  
[pvscc@cts.com](mailto:pvscc@cts.com)  
[sabagley@cox.net](mailto:sabagley@cox.net)

**Project Care Encinitas**

Joyce Munro,  
Project CARE Coordinator  
Christie Goodsell,  
Senior Center Manager  
Encinitas Senior Center  
1140 Oakcrest Park Drive  
Encinitas, CA 92024  
TEL: (760) 943-2255 (Joyce)  
FAX (760) 943-2252  
[jmunro@ci.encinitas.ca.us](mailto:jmunro@ci.encinitas.ca.us)  
[cgoodsel@ci.encinitas.ca.us](mailto:cgoodsel@ci.encinitas.ca.us)

**Project CARE Ramona**

Ramona Cancer Resource Center  
Ellie Whitcomb,  
1516 Main Street #107A  
Ramona, CA 92065  
TEL: (760) 788-9522  
[ewhit67598@aol.com](mailto:ewhit67598@aol.com)

**Project CARE San Marcos**

Stan Sweatt, Senior Advocate  
111 Richmar Avenue  
San Marcos, CA 92069  
TEL: (760) 744-0467  
FAX (760) 591-3426  
[ssweatt@interfaithservices.org](mailto:ssweatt@interfaithservices.org)

**Vista Project CARE**

Nadine Kaina, Project Care Coordinator  
Interfaith Community Services  
1400-B Vale Terrace  
Vista, CA 92084  
TEL: (760) 941-0140  
FAX (760) 941-1467  
[nkaina@interfaithservices.org](mailto:nkaina@interfaithservices.org)

**Kimball Senior Center**

Delaine Drake, Director  
1221 D Avenue  
National City, CA 91950  
TEL: (619) 336-6760  
FAX (619) 336-6701

**Norman Park Senior Center**

Karen Harvell, Director  
Carmel Wilson & Marie Gallagher  
Project CARE Coordinators  
270 F Street  
Chula Vista, CA 91910  
(619) 409-5800 (Carmel)  
(619) 691-5086 FAX (619) 476-8167  
[kharvell@ci.chula-vista.ca.us](mailto:kharvell@ci.chula-vista.ca.us)  
[cwilson@ci.chula-vista.ca.us](mailto:cwilson@ci.chula-vista.ca.us)  
[NPCNTR@ci.chula-vista.ca.us](mailto:NPCNTR@ci.chula-vista.ca.us)

**Project CARE of Coronado**

Gabriella Madrid, Community & Patient  
Relations Sharp Coronado Hospital  
Harriet Sangrey, Manager,  
Patient/ Administrative Relations  
250 Prospect Place Coronado, CA 92118  
TEL: (619) 522-3756 (Harriet)  
FAX (619) 435-5204  
(619) 522-3675 (Gabriella)  
[gabriella.madrid@sharp.com](mailto:gabriella.madrid@sharp.com)

**Project CARE of San Ysidro**

Sergio R. Rosas  
Collaborative Program Manager  
1777 Howard Ave.  
San Ysidro, CA 92173  
(619) 571-3402

## **HEALTH RESOURCE GUIDE**

*Information for older adults and caregivers on  
locating health and community services.*

Being healthy is its own reward – we simply feel better. But equally important, our health directly impacts our ability to remain at home and independent.

At one time, health was thought to be mostly genetic. You were either lucky or unlucky, and there was nothing you could do about it. Now, we know that genetics plays a rather small role. About 70 percent of our health depends on making smart choices about our lifestyle: eating right, exercising, and getting timely medical checkups and care.

Aging and Independence Services (AIS) works with numerous public and private organizations to create an integrated home- and community-based system of services for seniors and adults with disabilities. We are very familiar with the health resources available in San Diego County, and it is our pleasure to share our knowledge to help you, or someone you care for, remain healthy.

Should you have any questions about the guide or health services, please do not hesitate to call AIS at **1-800-510-2020**.

### ***Health Resource Guide***

#### **ADULT DAY HEALTH CARE (ADHC)**

Provides day rehabilitative programs to those with chronic physical and/or mental health conditions. Some day programs are not medically orientated for Alzheimer's/Dementia care.

**AMERICARE ADHC**  
340 Rancheros Dr #196  
San Marcos, CA 92069  
Phone: (760) 682-2424

**CASA DE ORO ADHC**  
9805 Campo Rd #130  
Spring Valley, CA 91977  
Phone: (619) 462-0881

**CASA PACIFICA ADHC CENTER**  
1424 30<sup>th</sup> Street, Suite C  
San Diego, CA 92154  
Phone: (619) 424-8181

**CLAIREMONT VILLA ADHC**  
5150 Murphy Canyon Rd, Ste. 101  
San Diego, CA 92123  
Phone: (858) 576-8575

**EL CAMINO ADHC**  
2027 Mission Avenue #E  
Oceanside, CA 92054  
Phone: (760) 421-0363

**GOLDEN HOUSE ADHC**  
7373 University Ave. #110  
La Mesa, CA 91941  
Phone: (619) 667-0996

**HEARTLAND ADHC CENTER**  
9065 Edgemoor Dr.  
Santee, CA 92071  
Phone: (619) 448-9300

HOPE ADHC CENTER  
11239 Camino Ruiz, Suite A  
San Diego, CA 92126  
Phone: (858) 653-5916

HORIZONS ADHC CENTER  
1415 East 8<sup>th</sup> Street, Suite 5  
National City, CA 91950  
Phone: (619) 474-1822

HORIZONS II ADHC  
6134 University Avenue  
San Diego, CA 92115  
Phone: (619) 229-0990

JEWISH FAMILY SERVICES ADULT  
DAY PROGRAM  
2930 Copley Avenue  
San Diego, CA 92116  
Phone: (619) 563-5232

LOVING CARE ADHC  
2565 Camino del Rio, S  
San Diego, CA 92108  
Phone: (619) 718-9777

MID-CITY ADHC CENTER  
4077 Fairmount Ave  
San Diego, CA 92105  
Phone: (619) 584-0250

NEIGHBORHOOD HOUSE ADHC  
851 South 35<sup>th</sup> Street  
San Diego, CA 92113  
Phone: (619) 233-6691

NORTH COUNTY ADHC  
651 Eucalyptus  
Vista, CA 92084  
Phone: (760) 758-2210

POWAY ADHC  
13180 Poway road  
Poway, CA 92064  
Phone: (858) 748-5044

QUANTUM ADHC CENTER  
4428 Convoy, Suite 288  
San Diego, CA 92111  
Phone: (858) 867-4717

RAMONA ADHC CENTER  
2138A San Vicente Road  
Ramona, CA 92065  
Phone: (760) 789-1553

REDWOOD ELDERLINK ADHC  
1151 S. Redwood Street  
Escondido, CA 92025  
Phone: (760) 480 -1030

SANTEE ELDERLY DAYCARE  
CENTER  
8618 DunWoddie Road  
Santee, CA 92071  
Phone: (619) 258-8092

SOUTHBAY ADHC CENTER  
301 EAST J Street  
Chula Vista, CA 91910  
Phone: (619) 426-0982

WESTERN ADHC  
240 s. MAGNOLIA Ave.  
El Cajon, CA 92020  
Phone: (619) 631-7222

### **ALZHEIMER'S/DEMENTIA DAYCARE**

GLENNER ALZHEIMER'S FAMILY  
CENTER  
2017 Felicita road  
Escondido, CA 92025  
Phone: (760) 4800-2282

GLEVVER ALZHEIMER'S FAMILY  
CENTER  
36886 Fourth Avenue  
San Diego, CA 92103  
Phone: (619) 543-4704

**GLENNER ALZHEIMER'S FAMILY  
CENTER**

Fredericka Manor  
280 Saylor Drive  
Chula Vista, CA 91910  
Phone: (619) 420-1703

**SENIOR DAY CARE**

**BERMAN SENIOR ADC**

2930 Copley  
San Diego, CA 92116  
Phone: (619) 563-5232

**CASA DE SERVICOS**

1188 Beyer Way, suite 101  
San Diego, CA 92154  
Phone: (619) 423-1901

**CLAIREMONT FRIENDSHIP SENIOR  
CENTER**

4425 Bannock Street  
San Diego, CA 92117  
Phone: (858) 483-5100

**FILIPINO AMERICAN SENIOR  
CITIZEN**

Samahan Senior Center  
2926 Market Street  
San Diego, CA 92102  
Phone: (619) 234-1360 or  
(619) 234-2986

**REDWOOD ELDERLINK**

1151 South redwood Street  
Escondido, CA 92025  
Phone: (760) 480-1030

**SAN MARCOS ADC**

233 Twin Oaks Valley Road san  
Marcos, CA 92069  
Phone: (760) 471-8798

**SERENITY HARBOR ADC**

3108 Azahar St.  
Carlsbad, CA 92009  
Phone: (760) 436-5047

**SILVERADO SENIOR LIVING**

1500 Borden Rd.  
Escondido, CA 92026  
Phone: (760) 737-7900

**SILVERCREEK RCF**

6530 Boon Lake Ave.  
San Diego, CA 92119  
Phone: (619) 464-3479

**SOMERFORD PLACE**

1350 S El Camino Real  
Encinitas, Ca 92024  
Phone: (760) 479-1818

**SUNCREST RES SENIOR CARE**

1484 Gibson Highlands  
El Cajon, CA 92021  
Phone: (619) 441-9961

**SUNCREST LODGE AT LAKE  
CUYAMACA**

34540 Engineers Road  
Julian, CA 92036  
Phone: (760) 765-0065

**LEARNING SERVICES CORP N/C  
DAY ACTIVITIES CENTER**

2335 Bear Valley Pkwy.  
Escondido, CA 92027  
Phone: (760) 746-3223  
(For prescreened ABI survivors only)

**ST. PAUL'S COMMUNITY CARE  
CENTER**

328 Maple Street  
San Diego, CA 92103  
Phone: (619) 239-6900



## **ALCOHOL AND DRUG ABUSE**

### **ALCOHOLICS ANONYMOUS**

Central (619) 265-8762

North county (760) 758-2514

Spanish (619) 280-7224

### **AL-ANON**

Central: (619) 296-2666

North County: (800) 690-2666

### **NARCOTICS ANONYMOUS**

Central: (619) 584-1007

### **SAN DIEGO COUNTY ALCOHOL AND DRUG SERVICES**

Phone: (619) 692-5717 OR

(619) 692-5727

### **EMERGENCY DETOX/ SUBSTANCE ABUSE**

MC ALISTER INSTITUTE/MITE

Phone: (619) 440-4801

### **VOLUNTEERS OF AMERICA**

Phone: (619) 232-9343

## **ALZHEIMER'S AND DEMENTIA CARE**

Organizations that provide information, education, support and day care programs for Alzheimer's patients and their families.

### **ALZHEIMER'S ASSOCIATION**

4950 Murphy Cyn Rd. #250

San Diego, CA 92123

Phone: (858) 492-4400

Helpline, safe return, care connections, support groups, caring companions, educational programs, and 'Memories in the Making' program.

### **ALZHEIMER'S ASSOCIATION**

1068 Broadway #207

El Cajon, CA 92021

Phone: (619) 588-7111

### **UCSD MEDICAL CENTER**

200 West Arbor Drive

San Diego, CA 92123

Phone: (858) 657-7000

### **UCSD SENIORS ONLY CARE (SOCARE)**

Phone: (619) 294-3777

Outpatient assessment program for seniors and their families.

## **BLOOD PRESSURE MONITORING**

Free blood pressure checks. Also see Senior Centers for blood pressure clinics.

### ***CENTRAL SAN DIEGO COUNTY AMERICAN RED CROSS***

3650 Fifth Avenue

San Diego, CA 92103

Phone: (619) 542-7400

### **PENINSULA FAMILY YMCA**

4390 Valeta Street

San Diego, CA 92107

Phone: (619) 226-8888

### **ST. AGNES CATHOLIC CHURCH**

1145 Evergreen Street

San Diego, CA 92106

Phone: (619) 223-2200

### **SAMAHAN MIRA MESA SENIOR CENTER**

8460 Mira Mesa Boulevard

San Diego, CA 92126

Phone: (858) 578-7520

***EAST SAN DIEGO COUNTY***

MOUNTAIN HEALTH CENTER  
31115 Highway 94  
Campo, CA 92006  
Phone: (619) 478-5311

***NORTH SAN DIEGO COUNTY***  
RANCHO BERNARDO SENIOR  
SERVICES

16769 Bernardo Center Dr, K14  
San Diego, CA 92128  
Phone: (858) 487-2640

SENIOR SERVICE COUNCIL OF  
ESCONDIDO

728 North Broadway  
Escondido, CA 92025  
Phone: (760) 480-0611

***SOUTH SAN DIEGO COUNTY***  
AMERICAN RED CROSS

311 Del Mar Avenue  
Chula Vista, CA 91910  
Phone: (619) 422-5226

SAMAHAN HEALTH CLINIC

2743 Highland Avenue  
National City, CA 91950  
Phone: (619) 474-2284

**CAREGIVING**

Aging and Independence Services has established a program to help individuals who are challenged in caring for their loved ones who are ill or have disabilities and grandparents caring for grandchildren. For information and assistance call 1-800-827-1008 for eligibility screening. For all other information refer to other sections in this book.

**CASE MANAGEMENT**

Case management services offer home-based professional assessments. Case managers assess an individual's needs and ability to care for himself.

**AGING & INDEPENDENCE  
SERVICES,  
HOME AND COMMUNITY BASED  
CARE PROGRAMS:**

Aging & Independence Services has case management programs county-wide for frail seniors 60+, and disabled adults.  
Phone: (800) 510-2020

*Multipurpose Senior Services Program (MSSP)* serves those 65 years or older, who are Medi-Cal eligible.

*Linkages* serves those 18 or older.  
Medi-Cal eligibility is not necessary.

*Management and Assessment of Social and Health Needs (MASH)* serves those 60 or older. Medi-Cal eligibility is not necessary.

*Case management programs:*

ACCESS OF SAN DIEGO CENTER  
Phone: (619) 293-3500

ADULT PROTECTIVE SERVICES,  
INC.  
Phone: (619) 283-5731

ASSIST  
Phone: (619) 266-1142.

AT YOUR HOME FAMILY CARE  
Phone: (858) 625-0406

CATHOLIC CHARITIES  
Phone: (619) 231-2828

COASTAL SENIOR CONING, INC.  
Phone: (858) 361-9465

ELDERHELP OF SAN DIEGO  
North Park: (619) 284-9281  
Peninsula/Pt. Loma: (619) 226-2230  
San Carlos/Navajo: (619) 589-8111  
Poway: (858) 748-96ELDERLINK

ELDERLINK  
Phone: (760) 480-1030

INDIAN HUMAN RESOURCE  
CENTER  
Phone: (619) 281-5964

JEWISH FAMLY SERVICES  
Phone: (619) 563-5232

LIFELINE HEALTHCARE, INC.  
Phone: (858) 581-6400

MEALS-ON-WHEELS, GREATER  
SAN DIEGO  
Phone: (619) 260-6110

PAN ASIAN SENIOR SERVICES  
Phone: (619) 232-6454

SENIOR COMMUNITY CENTER OF  
SAN DIEGO  
Phone: (619) 235-6538

SOUTHERN CAREGIVERS  
RESOURCE CENTER CASE  
MANAGEMENT FOR FAMILY  
CAREGIVERS  
Phone: (858) 268-4432 or  
(800) 827-1008

## COMMUNITY CLINICS

***CENTRAL SAN DIEGO COUNTY***  
COMPREHENSIVE HEALTH  
CENTER  
3177 Ocean View Blvd  
San Diego, CA 92113  
Phone: (619) 231-9300

*Lincoln Park:*  
286 Euclid Avenue, Suite 302  
San Diego, CA 92114  
Phone: (619) 527-7330

*Downtown:*  
1855 1st Avenue, Suite 300  
San Diego, CA 92101  
Phone: (619) 235-4211

DOWNTOWN FAMILY HEALTH  
CENTER  
1145 Broadway  
San Diego, CA 92101  
Phone: (619) 515-2525

FAMILY HEALTH CENTERS OF  
SAN DIEGO  
1809 National Avenue  
San Diego, CA 92113  
Phone: (619) 515-2300

LA MAESTRA FAMILY CLINIC  
4185 Fairmount Avenue  
San Diego, CA 92105  
Phone: (619) 280-4213

MID-CITY COMMUNITY CLINIC  
4290 Polk Avenue  
San Diego, CA 92105  
Phone: (619) 563-0250

NORTH PARK FAMILY HEALTH  
CENTER  
3544 30th Street  
San Diego, CA 92104  
Phone: (619) 515-2424

SAN DIEGO AMERICAN INDIAN  
HEALTH CENTER  
2630 First Avenue  
San Diego, CA 92103  
Phone: (619) 234-2158

***EAST SAN DIEGO COUNTY***  
CHASE AVE FAMILY HEALTH  
CENTER  
1111 W. Chase Avenue  
El Cajon, CA 92020  
Phone: (619) 515-2499

GROSSMONT SPRING VALLEY  
FAMILY HEALTH CENTER  
8788 Jamacha Road  
Spring Valley, CA 91977  
Phone: (619) 515-2555

HIGH DESERT FAMILY MEDICINE  
44460 Old Highway 80  
Jacumba, CA 91934  
Phone: (619) 766-4071

MOUNTAIN HEALTH &  
COMMUNITY SERVICES  
31115 Highway 94  
Campo, CA 91906  
Phone: (619) 478-5311

LA MAESTRA CLINIC  
183 S First Street  
El Cajon, CA 92019  
Phone: (619) 328-1335

NEIGHBORHOOD HEALTHCARE  
855 East Madison Avenue  
El Cajon, CA 92020  
Phone: (619) 440-2751

10039 Vine Street  
Lakeside, CA 92040  
Phone: (619) 390-9975

7339 El Cajon Boulevard  
La Mesa, CA 91941  
Phone: (619) 668-6280

RAMONA COMMUNITY CLINIC  
217 East Earlham Street  
Ramona, CA 92065  
Phone: (760) 789-1223

SOUTHERN INDIAN HEALTH  
COUNCIL  
4058 Willows Road  
Alpine, CA 91901  
Phone: (619) 445-118851

***NORTH SAN DIEGO COUNTY***  
ECS FAMILY HEALTH CENTER  
617 East Alvarado  
Fallbrook, CA 92028  
Phone: (760) 728-3816

INDIAN HEALTH COUNCIL  
RINCON INDIAN RESERVATION  
5100 Golsh Road  
Valley Center, CA 92082  
Phone: (760) 749-1410

NEIGHBORHOOD HEALTHCARE  
460 N Elm  
Escondido, CA 92025  
Phone: (760) 737-2000

NORTH COUNTY HEALTH  
SERVICES  
629 Second Street  
Encinitas, CA 92024  
Phone: (760) 753-7842

408 Cassidy Street  
Oceanside, CA 92054  
Phone: (760) 757-4566

SAN MARCOS SOCIAL SECURITY  
367 Via Vera Cruz  
San Marcos, CA 92078  
Phone: (760) 471-2100

VISTA COMMUNITY CLINIC  
1000 Vale Terrace  
Vista, CA 92084  
Phone: (760) 631-5000  
Appointment direct line:  
Phone: (760) 631-5220

***SOUTH SAN DIEGO COUNTY***  
CHULA VISTA FAMILY CLINIC  
865 Third Avenue, Suite 133  
Chula Vista, CA 91910  
Phone: (619) 498-6200

IMPERIAL BEACH HEALTH  
CENTER  
949 Palm Avenue  
Imperial Beach, CA 91932  
Phone: (619) 429-3733

NATIONAL CITY FAMILY CLINIC  
1136 D Avenue  
National City, CA 91950  
Phone: (619) 336-2300

OTAY COMMUNITY CLINIC  
1637 Third Avenue, Suite B  
Chula Vista, CA 91911  
Phone: (619) 425-1780

SAMAHAN HEALTH CENTER  
2743 Highland Avenue  
National City, CA 91950  
Phone: (858) 578-4220

SAMAHAN OUTREACH CLINIC  
10737 Camino Ruiz, #100  
San Diego, CA 92126  
Phone: (858) 578-4220

SAN YSIDRO HEALTH CARE  
CENTER  
4004 Beyer Boulevard  
San Ysidro, CA 92173  
Phone: (619) 428-4463

## **CRISIS INTERVENTION AND ASSISTANCE**

ACCESS & CRISIS LINE  
(24-Hr Suicide/Crisis Intervention)  
Phone: (800) 479-3339

ADULT PROTECTIVE SERVICES,  
COUNTY OF SAN DIEGO  
(Adult Abuse Reporting)  
Phone: (800) 510-2020

AMERICAN RED CROSS  
(24-hour emergency number for  
disasters)  
Phone: (619) 542-7552

CENTER FOR COMMUNITY  
SOLUTIONS  
(Battered Women/Rape Crisis and help  
with shelter)  
Phone: (888) 272-1767

NATIONAL ASSOCIATION OF  
MENTAL ILLNESS  
Provide information and referral to  
services for mentally ill people and their  
families.  
Phone: (619) 543-1434  
(800) 523-5933

SENIOR OUTREACH TEAM  
COUNTY OF SAN DIEGO, HHSA  
Phone: (800) 510-2020

## **DEATH AND DYING**

BEREAVEMENT COUNSELING &  
SUPPORT GROUPS: (Please refer to  
the HOSPICE section)

HEALTH & HUMAN SERVICES  
AGENCY  
Birth, Death and Marriage Records and  
Document Recordings  
Phone: (619) 237-0502

**MEDICAL EXAMINER (Coroner)**

Phone: (858) 694-2895

**PUBLIC ADMINISTRATOR,  
SAN DIEGO COUNTY**

Secures property, provides for internment and manages decedent affairs in case of a death with no known relative

Phone: (858) 694-3500

**SAN DIEGO MEMORIAL SOCIETY**

Low cost memorial services.

Phone: (858) 874-7921

**SOCIAL SECURITY DEATH  
BENEFITS**

Phone: (800) 772-1213

**VETERANS ADMINISTRATION  
REGIONAL**

Offers mental health assessment, home visits, evaluation, crisis intervention, short term counseling.

Phone: (800) 827-1000

**VETERAN'S DEATH BENEFITS**

Decedent Affairs

Phone: (858) 552-7568

**VITAL RECORDS**

Phone: (619) 692-5733

County Recorder: (619) 237-0502

**DENTAL CARE**

The dental society provides information on the Senior-Dent Program and Denti-Cal, as well as referrals to dentists in your community.

**CMS (COUNTY MEDICAL  
SERVICES)**

Phone: (858) 492-4444

Does not cover any routine dental work.

May cover urgent or ongoing health conditions for ages 21-64 (if disabled SSI is required), which are causing a serious infection or severe pain. Must be financially eligible.

**DENTI-CAL**

Phone: (800) 322-6384

Provides selected dental services to person qualified for Medi-Cal. Apply for Denti-Cal through Social Services (858-514-6885).

**GROSSMONT SPRING VALLEY  
FAMILY HEALTH CENTER**

8788 Jamacha Road

Spring Valley, CA 91977

Phone: (619) 390-9975

**HILLCREST DENTAL CENTER**

Provides low-cost dental care

Phone: (619) 515-2434

**LA MAESTRA COMMUNITY  
HEALTH**

183 S First Street

El Cajon, CA 92019

Phone: (619) 328-1335

**SAN DIEGO COUNTY DENTAL  
SOCIETY**

1275 W. Morena Blvd, Suite B

San Diego, CA 92110

Phone: (619) 275-0244 or

(800) 201-0244 for referral service.

**SENIOR-DENT**

Discounted dental services by participating dentists. Must be 60 years of age, have no private or Denti-Cal insurance and earn \$20,000/year or less.

Phone: (619) 275-0244

ST. VINCENT DE PAUL CENTER  
DENTAL CLINIC  
1550 Market Street  
San Diego, CA 92101  
Phone: (619) 233-8500, ext. 1418

UCSD STUDENT-RUN FREE CLINIC  
PROJECT  
Pacific Beach Methodist Church  
1561 Thomas Street  
Pacific Beach, CA 92109  
Must show up and wait in line on  
Wednesdays at 5 PM

### **DISABILITY SERVICES**

A-1 HEARING AID CENTERS  
2934 Lincoln Avenue  
San Diego, CA 92104  
Phone: (619) 283-8400  
North County  
By Appointment Only  
1132 San Marino Drive  
San Marcos, CA 92069  
Phone: (760) 632-8000

ACCESS CENTER OF SAN DIEGO,  
INC.  
1295 University Avenue, #10  
San Diego, CA 92103-3333  
Phone: (619) 293-3500  
North County: (760) 435-9205  
Serving people with disabilities.

THE ARC OF SAN DIEGO  
Phone: (858) 715-3780  
Services for people with  
developmental disabilities.  
106 South Grape Street  
Escondido, CA 92025  
Phone: (760) 747-6282

BRaille INSTITUTE  
4555 Executive Drive  
San Diego, CA 92121  
Phone: (858) 452-1111

CALIFORNIA EQUIPMENT LOAN  
PROGRAM  
Phone Voice: (800) 806-1191  
Phone TTY: (800) 806-4474

CENTER FOR THE BLIND AND  
VISUALLY IMPAIRED  
5922 El Cajon Blvd.  
San Diego, CA 92115  
Phone: (619) 583-1542

CHILDREN'S HOSPITAL -  
Speech, Hearing and Neuro-sensory  
Centers

8010 Frost Street, Suite 200  
San Diego, CA 92123  
Phone: (858) 966-5838

4120 Waring Road  
Oceanside, CA 92056  
Phone: (760) 758-1620

340 Fourth Avenue, Suite 18  
Chula Vista, CA 91910  
Phone: (619) 425-9950

DEAF COMMUNITY SERVICES  
3930 Fourth Ave, Suite 300  
San Diego, CA 92103  
Phone: (619) 398-2441  
TTY Phone: (619) 398-2440 ext. 100

DEPARTMENT OF  
REHABILITATION,  
STATE OF CALIFORNIA  
Administrative Office  
7575 Metropolitan Dr, #107  
San Diego, CA 92108  
Phone: (619) 767-2100  
Ask counselor/teacher for the blind.  
Teaches and assists in daily living skills,  
Braille, and helps provide assistive  
devices.

DISABLED AMERICAN VETS  
8810 Rio San Diego Dr, Suite 1160  
San Diego, CA 92108  
Phone: (619) 299-6916

EYE CARE AMERICA SENIOR EYE  
CARE PROGRAM  
Phone: (800) 222-EYES  
(877) 887-6327 8-4 PST

HEARING LOSS NETWORK  
5663 Balboa Avenue #357  
San Diego, CA 92111  
Phone: (858) 278-9630

KPBS RADIO READING SERVICE  
SDSU  
5200 Campanile Drive  
San Diego, CA 92182-5200  
Phone: (619) 594-8170  
Free Reading Service to visually  
impaired broadcasts readings of  
newspapers and books.

LIFELINE COMMUNITY SERVICES  
200 Jefferson Street  
Vista, CA 92084  
Phone: (760) 726-4900  
(All private pay)  
Phone: (619) 594-7747

LIONS CLUB OPTOMETRIC  
VISION CLINIC  
1805 Upas Street  
San Diego, CA 92103  
Phone: (619) 298-5273  
Must have agency referral  
Hours: M-F 9:00 AM -1:00 PM

OPTOMETRIC SOCIETY, SAN  
DIEGO COUNTY  
Phone: (619) 295-7326  
Provides pre-arranged eye screenings,  
information and referral services for eye  
care and a professional speakers bureau.

SAN DIEGO CENTER FOR THE  
BLIND & Vision Impaired  
5922 El Cajon Blvd  
San Diego, CA 92115  
Phone: (619) 583-1542

SAN DIEGO COUNTY LIBRARY  
TALKING BOOK SERVICE  
Phone: (866) 279-9629

**ELDER ABUSE/**  
**DOMESTIC VIOLENCE**  
Adult Protective Services, County of San  
Diego (APS)  
Phone: (800) 510-2020  
24-hours/7 days a week  
Investigates and intervenes in all forms  
of elder and dependent adult abuse.

SAN DIEGO COUNTY DOMESTIC  
VIOLENCE HOTLINE  
Phone: 888-DVLINKS (385-4657)

CENTER FOR COMMUNITY  
SOLUTIONS  
4508 Mission Bay Drive  
San Diego, CA 92109  
Phone: (858) 272-5777



WOMEN'S RESOURCE CENTER  
1963 Apple Street  
Oceanside, CA 92054  
Phone: (760) 757-3500

YWCA COUNSELING SERVICES  
2550 Garnet Avenue  
San Diego, CA 92109  
Phone: (858) 270-4504  
(619) 234-3164

**EMERGENCY RESPONSE  
SYSTEMS**

An Emergency Response System provides 24 hours/7 days a week access for persons of any age. The person wears a pendant and activates the system with the touch of a button. The communicator unit telephone sends a signal to the response center for assistance.

COMPANION FOR LIFE  
Phone: (760) 434-9838  
(800) 499-9838

HEALTH WATCH  
Phone: (888) 565-7377

LIFELINE  
North County: (760) 724-8858  
Outside N County: (800) 515-1777

SEAS - SENIOR EMERGENCY  
ALERT SYSTEM  
Phone: (858) 483-5100

LIFEfone  
Phone: (800) 882-2280

MED-ALERT  
Phone: (800) 633-2537

PALOMAR-POMERADO LIFELINE  
Phone: (858) 675-5371  
(800) 628-2880

PIONEER EMRG (BODYGUARD)  
Phone: (800) 274-8274

RESPONSE LINK  
Phone: (800) 894-1428

**FITNESS/RECREATION  
PROGRAMS**

**FEELING FIT CLUBS**

See **Senior Centers** and **Nutrition Centers** for Feeling Fit programs offered through Aging & Independence Services.

AMERICAN PHYSICAL THERAPY  
ASSOCIATION  
Phone: (800) 999-2782

MT MIGUEL COVENANT VILLAGE  
325 Kempton Street  
Spring Valley, CA 91977  
Phone: (619) 931-1198

TOWNCENTRE MANOR  
434 F Street  
Chula Vista, CA 91910  
Phone: (619) 585-7338

VILLA SERENA  
1231 Medical Center Drive  
Chula Vista, CA 91911

**GENERAL**

See **Senior Centers** and **Nutrition Centers** sections for exercise programs that are available.

COMMUNITY COLLEGE FITNESS  
Phone: (619) 221-6973

CORONADO ADULT ED/ROP  
201 Sixth Street  
Coronado, CA 92118  
Phone: (619) 522-8911

FLETCHER HILLS PARK CENTER  
2345 Center Place  
El Cajon, CA 92020  
Phone: (619) 441-1672

LA JOLLA PARKS AND  
RECREATION  
615 Prospect Avenue  
La Jolla, CA 92037  
Phone: (858) 552-1658 or  
(619) 221-6984

NEIGHBORHOOD COMMUNITY  
CENTER  
La Colonia Park  
715 Valley Avenue  
Solana Beach, CA 92075  
Phone: (858) 793-2564

NORTH PARK RECREATION  
CENTER  
4044 Idaho Street  
San Diego, CA 92104  
Phone: (619) 235-1152

PACE (PEOPLE WITH ARTHRITIS  
CAN EXERCISE)  
Arthritis Foundation  
San Diego Chapter  
Phone: (858) 492-1090  
Exercise programs for people with  
arthritis.

PARKS & RECREATION POWER  
HOUSE BUILDING  
1658 Coast Blvd  
Del Mar, CA 92014  
Phone: (858) 755-1524

SECURE HORIZONS  
Phone: (800) 929-2279 x88519

SERRA MESA REC CENTER  
9020 Village Glen Drive  
San Diego, CA 92123  
Phone: (858) 573-1408

SHARP CORONADO HOSPITAL  
The Motion Center  
250 Prospect Place  
Coronado, CA 92118  
Phone: (619) 522-3798

SILVER AGE YOGA  
1844 Camino Del Mar, Suite 19  
Del Mar, CA 92014  
Phone: (866) 751-0011

ST. DAVID'S SENIOR ACTIVITY  
CENTER  
5050 Milton Street  
San Diego, CA 92110  
Phone: (619) 276-4567

STANDLEY PARK RECREATION  
CENTER  
3585 Governor Drive  
San Diego, CA 92122  
Phone: (858) 552-1652

YMCA OF SAN DIEGO COUNTY  
Cameron Branch YMCA  
Phone: (619) 449-9622

East County YMCA  
John A. Davis  
Phone: (619) 464-1323

Jackie Robinson YMCA  
Phone: (619) 264-0144

LaJolla YMCA  
Phone: (619) 453-3483

Magdalena Ecke YMCA  
Phone: (760) 942-9622

Mission Valley YMCA  
Phone: (619) 298-3576

Palomar YMCA  
Phone: (760) 745-7490

Peninsula YMCA  
Phone: (619) 226-8888

South Bay YMCA  
Phone: (619) 421-8805

**HEALTH ORGANIZATIONS/  
INFORMATION/ EDUCATION**

ALZHEIMER'S ASSOCIATION  
4950 Murphy Canyon Rd, Suite 250  
San Diego, CA 92123  
Phone: (858) 492-4400

AMERICAN CANCER SOCIETY  
2655 Camino del Rio N, #100  
San Diego, CA 92108-1633  
Phone: (800) 227-2345 or  
(619) 299-4200

AMERICAN DIABETES  
ASSOCIATION OF SAN DIEGO  
225 Broadway, Ste. 1120  
San Diego, CA 92101-5010  
Phone: (800) 342-2383 or  
(619) 234-9897

AMERICAN HEART ASSOCIATION  
SAN DIEGO COUNTY CHAPTER  
3640 Fifth Avenue  
San Diego, CA 92103  
Phone: (619) 291-7454

AMERICAN LUNG ASSOC OF SAN  
DIEGO AND IMPERIAL COUNTIES  
2750 Fourth Avenue  
San Diego, CA 92103  
Phone: (619) 297-3901

AMERICAN RED CROSS  
3650 Fifth Avenue  
San Diego, CA 92103  
Phone: (619) 542-7400

1283 East Main Street, #101  
El Cajon, CA 92021  
Phone: (619) 440-7813

311 East Valley Parkway  
Escondido, CA 92025  
Phone: (760) 745-3221

2936 Oceanside Boulevard  
Oceanside, CA 92054  
Phone: (760) 757-5403

311 Del Mar Avenue  
Chula Vista, CA 91910  
Phone: (619) 422-5226

ARTHRITIS FOUNDATION  
SAN DIEGO AREA CHAPTER  
9089 Clairemont Mesa Blvd, #104  
San Diego, CA 92123  
Phone: (858) 492-1090  
(800) 422-8885

EPILEPSY FOUNDATION OF SAN  
DIEGO COUNTY  
2055 El Cajon Boulevard  
San Diego, CA 92104  
Phone: (619) 296-0161

LEUKEMIA AND LYMPHOMA  
SOCIETY OF AMERICA  
8575 Gibbs Drive, Suite 262  
San Diego, CA 92123  
Phone: (858) 277-1800

LGBT SENIOR HEALTH PROJECT  
4069 30th Street  
San Diego, CA 92104  
Phone: (619) 284-9281

MEDICAL SOCIETY OF SAN DIEGO  
COUNTY  
3702 Ruffin Road, Suite 206  
San Diego, CA 92123  
Phone: (858) 565-8888

**MUSCULAR DYSTROPHY  
ASSOCIATION**

8525 Gibbs Drive., #304  
San Diego, CA 92123  
Phone: (858) 492-9792

**NATIONAL KIDNEY FOUNDATION  
OF SOUTHERN CALIFORNIA**

3570 Camino del Rio N, #103  
San Diego, CA 92108  
Phone: (619) 521-5878

**NATIONAL MULTIPLE  
SCLEROSIS SOCIETY**

8840 Complex Drive, Ste. 130  
San Diego, CA 92123  
Phone: (858) 974-8640 or  
(800) 344-4867

**NATIONALL OSTEOPOROSIS  
FOUNDATION INFORMATION LINE**

Phone: (800) 223-9994

**PARKINSON'S DISEASE  
ASSOCIATION OF SAN DIEGO**

8555 Aero Drive, #205  
San Diego, CA 92123  
Phone: (858) 273-6763

**THE SAN DIEGO LESBIAN, GAY,  
BISEXUAL TRANSGENDERED  
CENTER**

3909 Centre Street  
San Diego, CA 92103  
Phone: (619) 692-2077

**HEARING LOSS**

See Disability Services

**HOMEMAKER/  
HOME CARE**

Private agencies offer homemaker/home care services. Check yellow pages, San Diego Eldercare Delivery or call AIS at 1-800-510-2020. SSI recipients may be eligible for In Home Supportive Services (IHSS). Call 1-800-510-2020.

**CALIFORNIA ASSOCIATION FOR  
HEALTH SERVICES AT HOME**

723 S Street  
Sacramento, CA 95814  
Phone: (916) 443-8055

**IHSS PUBLIC AUTHORITY**

780 Bay Blvd. Suite 200  
Chula Vista, CA 91910  
Phone: (866) 351-7722  
(619) 476-6215

**NATIONAL ASSOCIATION FOR  
HOME CARE**

228 Seventh Street South  
Washington, DC 20003  
Phone: (202) 547-7424

**HOSPICE**

Organizations that provide supportive services for terminally ill patients and their families. Patients have a prognosis of six months or less to live for a hospice program. Services include nursing care, social services, chaplaincy and bereavement support for patients and their families. Medicare, Medi-cal and most private insurance cover services.

**FALLBROOK HOSPITAL HOSPICE**

Phone: (760) 728-1101, ext. 381

**HORIZON HOSPICE**

Phone: (858) 304-4430 or  
(800) 748-3030

HOSPICE BY THE SEA  
Phone: (858) 794-0195

HOSPICE OF THE NORTH COAST  
Phone: (760) 431-4100

KAISER FOUNDATION HOSPICE  
Phone: (619) 641-4100

LIGHTBRIDGE HOSPICE  
Phone: (858) 458-2992

ODYSSEY HOSPICE  
Phone: (858) 565-2499

SAN DIEGO HOSPICE  
Phone: (619) 688-1600

SHARP HOSPICE CARE  
Phone: (619) 667-1900 or  
(800) 681-9188

THE ELIZABETH HOSPICE  
Phone: (760) 737-2050

THE NATIONAL HOSPICE  
ORGANIZATION  
Phone: (800) 658-8898

TRI-CITY HOSPICE  
Phone: (760) 940-5801

VITAS INNOVATIVE HOSPICE  
CARE  
Phone: (858) 499-8901

**BEREAVEMENT GROUPS**  
All Hospices offer grief support groups.  
Other agencies are listed below.

JEWISH FAMILY SERVICE  
JEWISH HEALING CENTER  
3715 Sixth Avenue  
San Diego, CA 92103  
Phone: (619) 291-0473

NEW VENTURE CHRISTIAN  
FELLOWSHIP  
Phone: (760) 721-7777

STEVENS CANCER CENTER  
AT SCRIPPS HOSPITAL LA JOLLA  
Groups held at various Scripps facilities.  
Phone: (858) 626-6756

SURVIVORS OF SUICIDE  
Phone: (619) 466-7042

**HOSPITALS**

\* Provides transportation for medical appointments at the hospital or doctors affiliated with that hospital.  
# Indicates specialized senior in-patient psychiatric service units.

ALVARADO HOSPITAL MEDICAL  
CENTER\*  
6655 Alvarado Road  
San Diego, CA 92120  
Phone: (619) 287-3270

COMMUNITY HEALTH &  
EDUCATION PROGRAMS  
Phone: (800) 400-7003  
Transportation:(619) 427-0681

FALLBROOK HOSPITAL\*  
624 East Elder  
Fallbrook, CA 92028  
Phone: (760) 728-1191  
Transportation:(760) 599-3397

KAISER PERMANENTE  
4647 Zion Avenue  
San Diego, CA 92120  
Phone: (619) 528-5000  
Senior Advantage: (800) 315-0355

PALOMAR MEDICAL CENTER#  
555 East Valley Parkway  
Escondido, CA 92025  
Phone: (760) 739-3000 or  
(800) 628-2880  
Transportation: (760) 739-2983  
Behavioral Health: (800) 336-2000

PARADISE VALLEY HOSPITAL\*##  
2400 East Fourth Street  
National City, CA 91950  
Phone: (619) 470-4321  
Transportation: (619) 585-4257

POMERADO HOSPITAL#  
15615 Pomerado Road  
Poway, CA 92064  
Phone: (858) 613-4000 or  
(800) 628-2880  
Behavioral Health: (800) 336-2000

SCRIPPS GREEN HOSPITAL  
10666 North Torrey Pines Road  
La Jolla, CA 92037  
Phone: (858) 455-9100 or  
1-800-SCRIPPS

SCRIPPS MEMORIAL CHULA VISTA  
435 H Street  
Chula Vista, CA 91910  
Phone: (619) 691-7000 or  
1-800-SCRIPPS

SCRIPPS MEMORIAL ENCINITAS  
354 Santa Fe Drive  
Encinitas, CA 92024  
Phone: (760) 753-6501 or  
1-800-SCRIPPS

SCRIPPS MEMORIAL LA JOLLA\*  
9888 Genesee Avenue  
La Jolla, CA 92037  
Phone: (858) 626-4123 or  
1-800-SCRIPPS  
Transportation: (858) 626-6949 or  
(858) 492-8111

SCRIPPS MERCY HOSPITAL#  
4077 Fifth Avenue  
San Diego, CA 92103  
Phone: (619) 294-8111 or  
1-800-SCRIPPS  
Behavioral Health: (619) 260-7005

SHARP CABRILLO CAMPUS\*  
3475 Kenyon Street  
San Diego, CA 92110  
Phone: (619) 221-3400 or  
(800) 827-4277  
Senior Resource Center: (619) 221-3779  
Transportation: (619) 740-4288

SHARP CHULA VISTA MEDICAL  
CENTER\*  
751 Medical Center Court  
Chula Vista, CA 91911  
Phone: (619) 482-5800 or  
(800) 827-4277  
Transportation: (619) 740-4288

SHARP CORONADO HOSPITAL  
250 Prospect Place  
San Diego, CA 92118  
Phone: (619) 522-3600 or  
(800) 827-427

SHARP GROSSMONT HOSPITAL \*##  
5555 Grossmont Center Drive  
La Mesa, CA 91942  
Phone: (619) 740-6000 or  
(800) 827-4277  
Sr Resource Ctr: (619) 740-4214  
Transportation: (619) 740-4288  
Sr Behavioral Hlth: (858) 694-8434

SHARP MEMORIAL HOSPITAL\*  
3475 Kenyon Street  
San Diego, CA 92110  
Phone: (858) 541-3400 or  
(800) 827-4277  
Sr Resource Ctr: (619) 221-3779  
Transportation: (619) 740-4288

SHARP MESA VISTA HOSPITAL\*#  
7850 Vista Hill Avenue  
San Diego, CA 92123  
Sr Behavioral Health: (858) 694-8434

UCSD THORNTON HOSPITAL,  
9300 Campus Point Drive  
La Jolla, CA 92037  
Phone: (800) 926-UCSD

TRI-CITY HOSPITAL\*  
4002 Vista Way  
Oceanside, CA 92056  
Phone: (760) 724-8411  
Transportation: (760) 940-7433

UCSD MEDICAL CENTER  
HILLCREST#  
200 West Arbor Drive  
San Diego, CA 92103  
Phone: (800) 926-UCSD

SPECIAL SENIOR PROGRAM --  
SOCARE (SENIORS ONLY CARE)  
A comprehensive diagnostic memory  
assessment.  
Phone: (619) 294-3777  
Sr Behavioral Hlth: (619) 543-3741

VETERAN'S ADMINISTRATION  
MEDICAL CENTER  
3350 La Jolla Village Drive  
San Diego, CA 92161  
Phone: (858) 552-8585  
Transportation: (858) 552-7470

UNIVERSITY COMMUNITY  
MEDICAL CENTER \*  
(formerly known as Villa View)  
5550 University Avenue  
San Diego, CA 92105  
Phone: (619) 582-3516  
Transportation: Extension 6200

## **LEGAL**

ADVOCATES ASSOCIATED  
121 Broadway, #658  
San Diego, CA 92101  
Phone: (619) 232-7478

CALIFORNIA ADVOCATES FOR  
NURSING HOME REFORM  
Phone: (800) 474-1116  
Professionals (415) 974-5171  
ELDER LAW & ADVOCACY  
Sr Citizens Legal Services Program  
3675 Ruffin Road, #315  
San Diego, CA 92123  
Phone: (858) 565-1392

SAN DIEGO COUNTY BAR  
ASSOCIATION  
Lawyer Referral and Info Services  
Phone: (619) 231-8585  
Free consultation, not legal advice.

SENIOR LEGAL HOTLINE  
Phone: (800) 222-1753

## **LONG TERM CARE IN FACILITIES** **-- OMBUDSMAN SERVICES**

The Long-Term Care Ombudsman  
Program advocates for residents rights,  
works to resolve problems on behalf of  
residents and to bring about changes that  
improve the quality of care and the  
quality of life for people living in long-  
term care facilities. The Ombudsman  
Program can provide information on  
how to choose a facility  
and how to receive quality care.  
San Diego County: (800) 510-2020  
San Diego: (858) 560-2507  
or (800) 640-4661

HEALTH SERVICES AND  
NURSING HOME COMPLAINTS  
Phone: (800) 824-0613

**MEDICAL EQUIPMENT**

INFORMATION LINE  
San Diego County: (619) 230-0997

MUSCULAR DYSTROPHY  
ASSOCIATION  
8525 Gibbs, Suite 304  
San Diego, CA 92123  
Phone: (858) 492-9792

NATIONAL MULTIPLE  
SCLEROSIS SOCIETY  
8840 Complex Drive, Suite 130  
San Diego, CA 92123  
Phone: (858) 467-9255

**MEDICAL SPECIALTIES**

BURN INSTITUTE  
3702 Ruffin Road, Suite 101  
San Diego, CA 92123  
Phone: (858) 541-2277

CALIFORNIA POISON CONTROL  
Phone: (800) 876-4766

DEPARTMENT OF VETERANS  
AFFAIRS  
Phone: (800) 827-1000

INFORMATION LINE OF SAN  
DIEGO COUNTY  
General community information.  
Phone: (619) 230-0997

North County Coastal:  
(760) 943-0997

North County Inland:  
(760) 740-0997

Outlying San Diego County:  
(800) 227-0997

INFORMATION AND ASSISTANCE  
CALL CENTER  
(Aging & Independence Services)  
Phone: (800) 510-2020

NATIONAL ELDERCARE LOCATOR  
Assists locating resources and services  
nationwide.  
Phone: (800) 677-1116

REACH OUT PROJECT  
Referral agency serving low-income San  
Diego County residents with medical  
need and NO healthcare coverage. Must  
be a San Diego County resident.  
Phone: (619) 299-3122

SAN DIEGO COUNTY MEDICAL  
SOCIETY  
Physician referral service  
Phone: (858) 565-8888

**MEDICAL INSURANCE**

**County Medical Services (CMS)**  
Eligibility is based on US Citizenship or  
legal resident, live in San Diego County,  
21-64 years old, urgent or long-term  
medical need.  
Phone: (858) 492-4444

**HEALTH INSURANCE  
COUNSELING AND ADVOCACY  
PROGRAM (HICAP)**  
Funded by the California Department of  
Aging. Provides information on  
Medicare benefits, supplemental health  
programs, advocacy on insurance claims  
and bills, information on government  
programs, and long term care insurance.  
Phone: (858) 565-8772 or  
(760) 439-2567



**Medi-Cal** pays for medical care for those who qualify, 65 and older, blind or disabled. SSI recipients and others receiving public assistance automatically receive Medi-Cal. There may be a “share of cost”.

Phone: (858) 514-6885  
Toll Free: (866) 262-9881  
TDD: (858) 514-6889

**Medicare** provides health insurance for persons 65 and older and disabled who are eligible for Social Security disability payments. Medicare provides Hospital Insurance (Part A) and Supplementary Medical Insurance (Part B).

Phone: (800) Medicare or  
(800) 633-4227.

Information on Health Care Plans and general information. Call the Social Security Administration.  
Phone: (800) 772-1213

**LUMETRA** is a non-profit organization that works with Medicare beneficiaries and their caregivers. Build awareness about Medicare rights and assist beneficiaries dissatisfied with care. Offers mediation.

**QMB (Qualified Medicare Beneficiary)** Assists low income persons, 65+ with premiums of Part A and Part B Medicare.  
Phone: (619) 767-5023

**SLIMB (Specified Low Income Medicare Beneficiary)** The state pays the Medicare Part B premiums for those age 65+ or disabled for two or more years and low income but not receiving Medi-Cal. Call Department of Social Services.  
Phone: (619) 767-5023

## **MEDICATIONS**

When you have a new medication speak with your pharmacist about how to take the medicine, and whether medication may conflict with other prescriptions, over-the-counter products, dietary supplements, herbal products, and alcohol. Keep an updated list of all the above medications with you for emergency or when seeing a health care provider.

### **CALIFORNIA STATE BOARD OF PHARMACY**

Department of Consumer Affairs  
400 R Street, Suite 4070  
Sacramento, CA 95814  
Phone: (916) 445-5014

### **GRAFIC HEALTH**

Call for medication interaction information.  
Phone: (760) 918-9303

### **SAN DIEGO COUNTY PHARMACISTS ASSOCIATION**

1549 Mission Gorge Road  
San Diego, CA 92120.  
Phone: (619) 464-8298

### **SENIOR PHARMACY ASSISTANCE LINE**

Seniors are offered free telephone connection with a pharmacist, continual updates of Vial of Life information, free delivery and free multi-vitamins with prescriptions.  
Phone: (619) 266-3645 or  
(866) 797-3455

### **VIAL OF LIFE**

In-home emergency medical information and a listing of all medications. See ‘PROJECT CARE’  
Phone: 1-800-510-2020

## **MENTAL HEALTH**

GROSSMONT SPRING VALLEY  
FAMILY HEALTH CENTER  
8788 Jamacha Road  
Spring Valley, CA 91977  
Phone: (619) 390-9975

MENTAL HEALTH ASSOCIATION  
IN SAN DIEGO COUNTY  
2047 El Cajon Boulevard  
San Diego, CA 92104  
Publishes the Self Help Directory.  
Phone: (619) 543-0412

NAMI (NATIONAL ALLIANCE FOR  
THE MENTALLY ILL) - SD  
CHAPTER  
Albright Information & Referral Center  
4480 30th Street  
San Diego, CA 92116  
Phone: (619) 543-1434 or  
(800) 523-5993

PUBLIC ADMINISTRATOR/  
GUARDIAN  
Provides management, under court  
order, of estate and financial matters.  
Probate conservatorships for persons  
unable to make medical or financial  
decisions.  
Phone: (858) 694-3500

PUBLIC CONSERVATOR  
Supervision and/or placement for  
persons determined by the court to be  
“gravely disabled” with a mental  
disorder.  
Phone: (619) 692-5664

UNIVERSITY OF SAN DIEGO (USD)  
PATIENT ADVOCACY PROGRAM  
School of Law  
5998 Alcalá Park  
San Diego, CA 92110-2492  
Phone (619) 260-7660 or  
(800) 479-2233

CRISIS INFORMATION  
ACCESS & CRISIS LINE  
24 hours a day/7 days a week  
TTY: (619) 641-6992  
Phone: (800) 479-3339  
(800) 479-2233

AGING & INDEPENDENCE  
SERVICES SENIOR TEAM  
Senior Teams provide in-home services  
when a San Diego County resident age  
60 and older has a mental health crisis.  
Phone: (800) 510-2020

**PSYCHIATRIST REFERRAL**  
San Diego County Medical Society.  
Phone: (858) 565-8161  
Psychologist Information & Referral  
Service for psychological referral.  
Phone: (619) 291-3451  
Counseling & Psychological Referral  
Service of the National Assoc. of Social  
Workers for Counseling services.  
Phone: (619) 232-9622

**MOBILE MEDICAL CARE**  
County-wide service. Mobile treatment  
center to attend homebound ill. Treat  
urgent care but NOT life threatening or  
emergency care. Van equipped with  
portable x-rays, blood chemistry, EKG,  
and other lab services.

CALL DOC  
Phone: 1-800-CALL-DOC or  
(800) 225-5362

HOME CARE PODIATRY GROUP  
Phone: (619) 443-8953

MOBILE EYE SERVICES  
1317-A Ynez Place  
Coronado, CA 92118  
Phone: (619) 435-8800

MOBILE PHYSICIAN SERVICES  
Phone: (800) 500-9454 or  
(619) 461-3717

**NUTRITION & FOOD**  
**ASSISTANCE**

**SENIOR DINING CENTERS**

Mid-day meals are provided for seniors, 60+, and their spouses. Many of the programs provide a home-delivered meal for those who are unable to participate at a congregate dining setting. A donation is requested for the meals. Call for more information and/or reservations.

\* Home-delivered meals

# Breakfast

% Senior fitness and exercise program.

For information on nutrition sites in a particular area, call Aging & Independence Services.

Phone: (800) 510-2020

***CENTRAL SAN DIEGO***

**BAYSIDE COMMUNITY CENTER%**

2202 Comstock Street  
San Diego, CA 92111  
Phone: (858) 483-5100, M-F

BEECH STREET SENIOR  
COMMUNITY CENTER  
1535 Third Avenue  
San Diego, CA 92101  
Phone: (619) 232-1181, M-F

BELDEN VILLAGE SENIOR  
NUTRITION  
7777 Belden Street  
San Diego, CA 92111  
Phone: (858) 268-0450, M-F

CLAIREMONT FRIENDSHIP  
SENIOR CENTER\*%  
4425 Bannock Avenue  
San Diego, CA 92117  
Phone: (858) 483-5100, M-F

COLLEGE AVE SENIOR CENTER\*%  
4855 College Avenue  
San Diego, CA 92115  
Phone: (619) 583-3300, M-F

GOLDEN AGE APARTMENTS  
740 South 36th Street  
San Diego, CA 92113  
Phone: (619) 263-2108, M-F

HORTON HOUSE  
333 G Street  
San Diego, CA 92101  
Phone: (619) 239-5171, M-F

JAPANESE CHRISTIAN CHURCH  
1920 "E" Street  
San Diego, CA 92102  
Phone: (619) 232-6454, W

JEWISH FAMILY SERVICE\*  
2930 Copley Avenue  
San Diego, CA 92116  
Phone: (619) 563-5232, M - F

MARTIN LUTHER KING  
RECREATION CENTER  
6401 Skyline Drive  
San Diego, CA 92113  
Phone: (619) 527-3416

METRO GOOD NEIGHBOR CENTER  
942 North 47th Street  
San Diego, CA 92102  
Phone: (619) 264-0368

NEIGHBORHOOD HOUSE  
SENIOR CENTER\*#  
795 South Boundary  
San Diego, CA 92113  
Phone: (619) 263-2108, M-F

OCEAN BEACH RECREATION  
CENTER%  
4726 Santa Monica Avenue  
San Diego, CA 92107  
Phone: (858) 483-5100, M-F

OUR LADY OF ANGELS SENIOR  
NUTRITION  
635 22nd Street  
San Diego, CA 92102  
Phone: (619) 237-9576, M-F

PACIFIC BEACH RECREATION  
CENTER  
1405 Diamond Street  
San Diego, CA 92109  
Phone: (858) 483-5100

PARADISE SENIOR CENTER  
1880 Logan Avenue  
San Diego, CA 92113  
Phone: (619) 235-1148, M-F

ST. JUDE'S NUTRITION\*%  
3751 Boston Avenue  
San Diego, CA 92113  
Phone: (619) 264-4771, M-F

SALVATION ARMY MID-CITY  
SENIOR NUTRITION CENTER\*  
4335 Van Dyke Avenue  
San Diego, CA 92105  
Phone: (619) 280-2563, M-F

SALVATION ARMY CENTRO  
HISPANO\*  
4186 42nd Street  
San Diego, CA 92105  
Phone: (619) 283-2111, M-F

SALVATION ARMY  
NORTH PARK ADULT CENTER  
2719 Howard Avenue  
San Diego, CA 92104  
Phone: (619) 284-9651, M-F

SAMAHAN SENIOR CENTER\*#  
2926 Market Street  
San Diego, CA 92102  
Phone: (619) 234-1360

SAMAHAN SENIOR NUTRITION OF  
MIRA MESA\*  
8460 Mira Mesa Boulevard  
San Diego, CA 92126  
Phone: (858) 578-7520, M-F

SAMOAN CONGREGATIONAL  
CHURCH  
1347 South 45th Street  
San Diego, CA 92113  
Phone: (619) 264-1226, W

SAN DIEGO FOOD BANK  
Phone: (858) 527-1419

SENIOR COMMUNITY CENTER OF  
SAN DIEGO\*#  
928 Broadway  
San Diego, CA 92101  
Phone: (619) 235-6538 M-F (two  
servings, 11:30 AM and 12:30 PM)

SONS & DAUGHTERS OF GUAM  
CLUB  
334 N Willie Jones Avenue  
San Diego, CA 92102  
Phone: (619) 264-1226, M & W

UNIVERSITY CITY SENIOR  
CENTER

3813 Governor Drive  
San Diego, CA 92122  
Phone: (858) 550-5998, T & Th

VIETNAMESE CATHOLIC SENIOR  
ASSOCIATION

3114 40th Street  
San Diego, CA 92104  
Phone: (619) 263-4244  
1st Saturday of the month

VIETNAMESE FEDERAL  
ASSOCIATION

7833 Linda Vista Road  
San Diego, CA 92111  
Phone: (619) 282-1830  
2nd Saturday of the month

***EAST SAN DIEGO***

ALPINE COMMUNITY CENTER\*%  
1834-A Alpine Boulevard  
Alpine, CA 91901  
Phone: (619) 445-7330, M-F

SAN YSIDRO NUTRITION

212 West Park Avenue  
San Ysidro, CA 92173  
Phone: (619) 428-5199, M-F

CATHOLIC CHARITIES LEMON  
GROVE SENIOR CENTER\*

8235 Mt. Vernon Street  
Lemon Grove, CA 91945  
Phone: (619) 337-1425

LA MESA ADULT ENRICHMENT  
CENTER%

8450 La Mesa Boulevard  
La Mesa, CA 91941  
Phone: (619) 337-1425, M-F

SALVATION ARMY AT EDGEMOOR  
SENIOR CENTER

9065 Edgemoor Drive  
Santee, CA 92071  
Phone: (619) 956-2826, M-F

SALVATION ARMY AT EL CAJON  
NUTRITION CENTER\*

1011 East Main Street  
El Cajon, CA 92020  
Phone: (619) 440-2457 x113, M-F

SALVATION ARMY LAKESIDE  
GARDENS NUTRITION

12219 Roberts Way  
Lakeside, CA 92040  
Phone: (619) 443-9176, M-F

SALVATION ARMY LAKESIDE  
SENIOR CENTER

9841 Vine Street  
Lakeside, CA 92040  
Phone: (619) 443-9176  
THE SPRINGS  
8070 Orange Avenue  
La Mesa, CA 91941  
Phone: (619) 337-1425

SPRING VALLEY COMMUNITY  
CENTER\*

8735 Jamacha Boulevard  
Spring Valley, CA 91977  
Phone: (619) 337-1425

***RURAL EAST SAN DIEGO***

BARRETT LAKE MOBILE HOME  
PARK

1250 Barrett Lake Road  
Dulzura, CA 91917  
Phone: (619) 478-5109, Thursdays

BORREGO COMMUNITY  
CENTER\*%

580 Circle J Drive  
Borrego, CA 92004  
Phone: (760) 767-3116, M-F

CAMPO KITCHEN\*  
976 Sheridan Road  
Campo, CA 91906  
Phone: (619) 478-5109, W-F

CHAPEL OF THE HILLS  
25153 Viejas Boulevard  
Descanso, CA 91916  
Phone: (619) 766-4274, W

JACUMBA HIGHLAND SENIORS  
44681 Old Highway 80  
Jacumba, CA 91934  
Phone: (619) 766-4274, W & F

JULIAN TOWN HALL\*  
Washington & Main Streets  
Julian, CA 92036  
Phone: (760) 765-1909, M-F

PINE VALLEY IMPROVEMENT  
CLUB  
28890 Olde Highway 80  
Pine Valley, CA 91962  
Phone: (619) 478-5109, Fridays

POTRERO VOLUNTEER FIRE  
DEPARTMENT  
Route 94  
Potrero, CA 91963  
Phone: (619) 478-5109,  
Thursdays and 2nd Wednesdays of the  
month.

RAMONA SENIOR CENTER\*  
434 Aqua Lane  
Ramona, CA 92065  
Phone: (760) 789-0440, M-F

***NORTH SAN DIEGO COUNTY  
INLAND***

FALLBROOK SENIOR CITIZENS  
CENTER\*%  
399 Heald Lane  
Fallbrook, CA 92028  
Phone: (760) 728-4498, M-F

JOSLYN SENIOR CENTER  
ESCONDIDO%  
210 East Park Avenue  
Escondido, CA 92025  
Phone: (760) 741-4803, M-F

PALA HOME-DELIVERED MEALS\*  
Pala, CA 92059-0043  
Phone: (760) 891-3507, M-F

SENIOR CENTER SAN MARCOS  
111 Richmar Avenue  
San Marcos, CA 92069  
Phone: (760) 744-5535, M-F

VISTA SENIOR CENTER\*%  
1400 Vale Terrace Drive  
Vista, CA 92084  
Phone: (760) 639-6160, M-F

POWAY SENIOR CENTER\*%  
13094 Civic Center Drive  
Poway, CA 92064  
Phone: (858) 748-6094, M-F

***NORTH SAN DIEGO COUNTY  
COASTAL***

CARLSBAD SENIOR CENTER\*%  
799 Pine Avenue  
Carlsbad, CA 92008  
Phone: (760) 602-4650, M-F with  
reservation ONLY

ENCINITAS SENIOR CENTER%  
1140 Oakcrest Park Drive  
Encinitas, CA 92024  
Phone: (760) 943-2250 or 943-2258 for  
lunch reservations, M-F

OCEANSIDE SENIOR CITIZENS  
CENTER\*%  
455 Country Club Lane  
Oceanside, CA 92054  
Phone: (760) 435-5285

SALVATION ARMY COMMUNITY  
CENTER  
3935 Lake Boulevard  
Oceanside, CA 92056  
Phone: (760) 631-8212, M-F

***SOUTH SAN DIEGO***  
SALVATION ARMY CHULA VISTA  
NUTRITION CENTER\*  
648 Third Avenue  
Chula Vista, CA 91910  
Phone: (619) 422-7027, M-F

GRANGER AVENUE CAFE  
Lincoln Acres Park  
2717 Granger Avenue  
National City, CA 91950  
Phone: (619) 336-6752

KIKU GARDENS  
1260 Third Avenue  
Chula Vista, CA 91911  
Phone: (619) 422-4951, T & Th

NATIONAL CITY NUTRITION  
PROGRAM\*%  
1415 D Avenue  
National City, CA 91950  
Phone: (619) 336-6751, M-F

OTAY SENIOR NUTRITION  
PROGRAM  
1671 Albany Avenue  
Chula Vista, CA 91911  
Phone: (619) 585-8617, M-F

SUMMERCREST%  
2721 Plaza Boulevard  
National City, CA 91950  
Phone: (619) 267-4190, M-F

CATHOLIC CHARITIES AT  
ST. CHARLES NUTRITION\*#%  
945 18th Street  
San Diego, CA 92154  
Phone: (619) 423-2877, M-F

ST. MARY'S NUTRITION  
426 East 7th Street  
National City, CA 91950  
Phone: (619) 474-1501, M-F

### **OTHER HOME-DELIVERED MEALS**

Meals-on-Wheels Greater SD  
Provides two home-delivered meals  
seven days a week. Special diets are  
available. A sliding-scale fee is offered  
to seniors.

San Diego: (619) 295-9501  
East County: (619) 447-8782  
South County: (619) 420-2782  
North County: (760) 736-9900

### **DINING IN**

Delivery to downtown, beach area,  
Mission Valley, Point Loma and Scripps  
Ranch.

Phone: (619) 297-2222

### **EXPRESSLY GOURMET**

Delivery to downtown, Hillcrest, North  
Park, Mission Hills, Clairemont and  
La Jolla.

Phone: (858) 560-2688

### **GOURMET ON THE RUN**

Delivery to downtown, Hillcrest, North  
City, beach area and Mission Valley.

Phone: (619) 275-7500

### **MOBILE WAITER**

Delivery from North County to  
downtown.

Phone: (858) 792-1000

### **RESTAURANT ON THE RUN**

Delivery to North County Inland,  
La Mesa and Mission Valley.

Phone: (619) 295-1800

**EMERGENCY FOOD**

A partial list of emergency food agencies. Call for days, times and eligibility.

***SAN DIEGO CITY***

Catholic Charities  
349 Cedar Street  
San Diego, CA 92101  
Phone: (619) 231-2828

**COMMUNITY CHRISTIAN  
SERVICES AGENCY**

4167 Rappahannock Avenue  
San Diego, CA 92117  
Phone: (858) 274-2271  
1675 Garnet Avenue  
San Diego, CA 92109  
Phone: (858) 272-0163

**EPISCOPAL COMMUNITY  
SERVICES**

Mid-City  
2859 El Cajon Boulevard  
San Diego, CA 92115  
Phone: (619) 544-0991

**GOOD NEIGHBOR CENTER/METRO**

906 North 47th Street  
San Diego, CA 92102  
Phone: (619) 264-0368

**JEWISH FAMILY SERVICE**

3715 6th Avenue  
San Diego, CA 92105  
Phone: (619) 291-0473

**LUTHERAN SOCIAL SERVICES**

2055 Skyline Drive  
Lemon Grove, CA 91945  
Phone: (619) 698-1716

**MID-CITY CHRISTIAN SERVICE  
AGENCY**

3827 43rd Street  
San Diego, CA 92105  
Phone: (619) 286-1100

**NORTH PARK CHRISTIAN  
SERVICE AGENCY**

3729 30th Street  
San Diego, CA 92104  
Phone: (619) 299-0878

**OCEAN BEACH EMERGENCY  
FOOD**

2083 Sunset Cliffs Blvd  
San Diego, CA 92107  
Phone: (619) 222-0628  
Hours: 9:00 AM - 10:45 AM

**PRESBYTERIAN CRISIS CENTER**

2459 Market Street  
San Diego, CA 92101  
Phone: (619) 232-2753

**SALVATION ARMY**

730 F Street  
San Diego, CA 92101  
Phone: (619) 231-6020, Ext. 1400

**SOUTHEAST COUNSELING CTR**

5825 Imperial Avenue  
San Diego, CA 92114  
Phone: (619) 266-3688

***EAST SAN DIEGO COUNTY*****BACK COUNTRY FAMILY  
SERVICES**

25204 Viejas Boulevard  
Descanso, CA 91916  
Phone: (619) 445-0636

**CRISIS HOUSE**

1034 North Magnolia Avenue  
El Cajon, CA 92020  
Phone: (619) 444-1194

**LEMON GROVE FOOD BANK**

2770 Glebe Road  
Lemon Grove, CA 91945  
Phone: (619) 466-0503



**RAMONA FOOD AND CLOTHES  
CLOSET**

773 Main Street  
Ramona, CA 92065  
Phone: (760) 789-4458

**SALVATION ARMY FAMILY  
SERVICES**

1011 East Main Street  
El Cajon, CA 92021  
Phone: (619) 440-3579, Ext. 103

**SANTA SOPHIA FOOD PANTRY**

St. Vincent de Paul  
9800 San Juan Street  
Spring Valley, CA 91977  
Phone: (619) 463-6629

**SANTEE FOOD BANK**  
Edgemoor Geriatric Hospital  
9065 Edgemoor Drive  
Santee, CA 92071  
Phone: (619) 956-2826

***SOUTH SAN DIEGO COUNTY*  
FIRST BAPTIST FOOD CLOSET**

635 East 7th Avenue  
National City, CA 91950  
Phone: (619) 477-4147  
**GOOD NEIGHBOR CENTER**  
1120 Nestor Way  
San Diego, CA 92154  
Phone: (619) 429-0802

**LUTHERAN SOCIAL SERVICES --  
PROJECT HAND**  
580 Hilltop Drive  
San Diego, CA 91910  
Phone: (619) 425-4061

**MAAC PROJECT**  
1609 Hoover Avenue  
National City, CA 91950  
Phone: (619) 474-9474

**ADT Companion Services**  
Phone: (877) 678-6957

**SALVATION ARMY FAMILY  
SERVICES**

648 Third Avenue  
Chula Vista, CA 91910  
Phone: (619) 422-9295

***NORTH SAN DIEGO COUNTY*  
COMMUNITY RESOURCE CENTER**

2956 Roosevelt Street, #1  
Carlsbad, CA 92008  
Phone: (760) 729-9300  
656 Second Street  
Encinitas, CA 92024  
Phone: (760) 753-8300

**FAITH AND LOVE EMERGENCY  
SERVICES**  
425 Redlands Street  
Vista, CA 92083  
Phone: (760) 945-9675

**NORTH COUNTY INTERFAITH  
COMMUNITY SERVICES**

430 North Rose Street  
Escondido, CA 92027  
Phone: (760) 489-6380  
(Breakfast 6:30-7:30 AM, lunch bag  
given)

**SALVATION ARMY**  
1301 Las Villas Way  
Escondido, CA 92025  
Phone: (760) 745-8685  
3935 Lake Boulevard  
Oceanside, CA 92056  
Phone: (760) 631-8279

**OTHER HEALTHY FOOD****SOURCES - COMMODITIES**

Government surplus commodities given out throughout the county once a month. Call for dates, time, locations, and any eligibility requirements.

Phone: (800) 510-2020

**HEALTHY SHARE**

Food share cost and groceries to be picked up at locations throughout the county. Call for dates, times, and places.

Phone: (619) 525-2200 or  
(888) 268-8500

**SAN DIEGO COUNTY HEALTH & HUMAN SERVICES AGENCY FOOD STAMP PROGRAM**

Phone: (866) 262-9881

**SAN DIEGO FOOD BANK**

Phone: (858) 527-1419

**SENIOR INFO & ASSISTANCE**

Phone: (800) 510-2020

**GROCERY SHOPPING**

Volunteer services

**CARING NEIGHBORS**

Chula Vista: (619) 476-7055

San Diego: (619) 698-1716

North County: (760) 941-3212

**ELDERHELP OF SAN DIEGO**

Grocery shopping, escort. Mid-city area. Donation Optional.

Phone: (619) 284-9281

**PROJECT CARE**

Project CARE (Community Action to Reach the Elderly) exists in most communities provides a safety net for frail elderly and disabled that live in their own homes. Components are: RUOK (a daily phone call), Postal Alert, Vial of Life, YANA (You Are Not Alone), Minor Home Repairs and Safe Return (for those with dementia). Call for location by zip code.

Chula Vista: (619) 691-5086

Clairemont, Kearny Mesa, Linda Vista:  
(858) 483-5100

Coronado: (619) 522-3756

Downtown San Diego:  
(619) 235-6538

East San Diego, Rural East County (La Mesa, El Cajon, Lakeside, Santee, Lemon Grove, Spring Valley, Alpine):  
(619) 740-4214

Encinitas/Cardiff: (760) 943-2255

Escondido: (760) 839-4896

Fallbrook: (760) 723-7570

Hillcrest, North Park, San Carlos,  
College Grove: (619) 284-9281

Mira Mesa/Rancho Bernardo:  
(760) 736-9900

Mission Valley/ Old Town:  
(619) 295-9501

National City: (619) 336-6760

Oceanside: (760) 435-5250

Poway: (858) 748-6094

Ramona: (760) 788-9522

San Marcos: (760) 744-0467

SE San Diego: (619) 263-2108

Vista: (760) 941-0140

Warner Springs: (760) 782-0670

**PUBLIC HEALTH CENTERS (PHC)**  
**SAN DIEGO COUNTY,**  
**HEALTH & HUMAN SERVICES**

Public Health Centers provide immunizations, STD and TB treatment & follow up, and HIV testing. Services vary according to location.

**REGIONAL PUBLIC HEALTH CENTERS (PHC)**

Central San Diego PHC  
5202 University Avenue  
San Diego, CA 92105  
Phone: (619) 229-5400

East Region PHC  
855 Madison Avenue  
El Cajon, CA 92020  
Phone: (619) 441-6500

North Central San Diego PHC  
2440 Grand Avenue (Pacific Beach)  
San Diego, CA 92109  
Phone: (858) 490-4400

North Coast PHC  
104 South Barnes  
Oceanside, CA 92054  
Phone: (760) 967-4401

2North Inland PHC  
606 East Valley Parkway  
Escondido, CA 92025  
Phone: (760) 740-4000

South Region PHC  
690 Oxford  
Chula Vista, CA 91911  
Phone: (619) 409-3110

**RESPITE**

Substitute care allows caregivers respite. Respite services are provided under the hospice benefit, for terminally ill patients and their families, at home (or in a skilled or hospice facility). See the "HOSPICE" section. Provides individuals that are eligible for SSI benefits with support at home. IHSS phone number: (858) 476-6200.

**PARKINSON'S ASSOCIATION – SAN DIEGO**

Respite services are subsidized for families who care for a Parkinson's patient at home.  
Phone: (858) 273-6763

**POINT LOMA RESPITE CARE NETWORK**

Volunteer respite services in the Point Loma area.  
Phone: (619) 223-7753

**SOUTHERN CAREGIVER RESOURCE CENTER**

Provides respite care for family caregivers who are giving care at home.  
Phone: (858) 268-4432 or  
(800) 827-1008

**SENIOR CENTERS**

\*Blood Pressure Monitoring  
% Fitness Program

***CENTRAL SAN DIEGO***

BAYSIDE COMMUNITY CENTER%  
2202 Comstock Street  
San Diego, CA 92111  
Phone: (858) 278-0771

CLAIREMONT FRIENDSHIP  
CENTER%  
4425 Bannock Street  
San Diego, CA 92117  
Phone: (858) 483-5100

COLINA SENIOR CENTER  
5319 Orange Avenue  
San Diego, CA 92115  
Phone: (619) 235-1144

COLLEGE AVE SENIOR CENTER\*%  
4855 College Avenue  
San Diego, CA 92115  
Phone: (619) 583-3300

CORONADO SENIOR CENTER  
1019 Seventh Street  
Coronado, CA 92118

ENCANTO SENIOR CENTER  
6555 Broadway  
San Diego, CA 92114  
Phone: (619) 527-3412

FLORENCE RIFORD CENTER%  
6811 La Jolla Boulevard, #15  
La Jolla, CA 92037  
Phone: (858) 459-0831  
JEWISH FAMILY SERVICES  
SENIOR SERVICE  
2930 Copley Avenue  
San Diego, CA 92116  
Phone: (619) 563-5232

LA JOLLA FIREHOUSE%  
7877 Herschel Avenue  
La Jolla, CA 92037  
Phone: (858) 459-1640

LAWRENCE FAMILY JEWISH  
COMMUNITY CENTER%  
4126 Executive Drive  
La Jolla, CA 92037  
Phone: (858) 457-3030

MEMORIAL SENIOR CENTER  
610 South 30th Street  
San Diego, CA 92113  
Phone: (619) 235-1141

MIRA MESA SENIOR CENTER%  
8460 Mira Mesa Boulevard  
San Diego, CA 92126  
Phone: (858) 578-7325

NEIGHBORHOOD HOUSE  
SENIOR CENTER%  
Building: 795 South Boundary  
Mailing: 841 South 41st Street  
San Diego, CA 92113  
Phone: (619) 263-2108

NORTH PARK COMMUNITY  
ADULT CENTER%  
2719 Howard Street  
San Diego, CA 92104  
Phone: (619) 284-9651

OASIS-ROBINSON'S MAY%  
1702 Camino del Rio N  
San Diego, CA 92108  
Phone: (619) 574-0674

PARADISE SENIOR CENTER  
1880 Logan Avenue  
San Diego, CA 92113  
Phone: (619) 235-1148

PENINSULA SHEPHERD CENTER\*%  
3740 Sports Arena Boulevard, #2  
San Diego, CA 92106  
Phone: (619) 223-1640

SALVATION ARMY CENTRO  
HISPANO SENIOR CENTER  
4186 42nd Street  
San Diego, CA 92105  
Phone: (619) 283-2111

SALVATION ARMY SENIOR  
CENTER  
825 Seventh Avenue  
San Diego, CA 92101  
Phone: (619) 239-8027

SAMAHAN SENIOR CENTER  
2926 Market Street  
San Diego, CA 92102  
Phone: (619) 234-1360

SENIOR CENTER%  
13094 Civic Center Drive  
Poway, CA 92064  
Phone: (858) 748-6094

SENIOR COMMUNITY CENTER OF  
SAN DIEGO\*%  
928 Broadway  
San Diego, CA 92101  
Phone: (619) 235-6538 or  
(619) 232-5181

SHERMAN HEIGHTS SENIOR  
CENTER  
2258 Island Avenue  
San Diego, CA 92102  
Phone: (619) 232-5181

SOUTHCREST SENIOR CENTER  
4149 Newton  
San Diego, CA 92113  
Phone: (619) 527-3413

ST. DAVID'S SENIOR ACTIVITY  
CENTER  
5050 Milton Street  
San Diego, CA 92110  
Phone: (619) 276-4567

UNIVERSITY CITY SENIOR  
CENTER %  
3813 Governor Drive  
San Diego, CA  
Phone: (858) 550-5998

***EAST SAN DIEGO COUNTY***  
ALPINE COMMUNITY CENTER\*  
1834-A Alpine Boulevard  
Alpine, CA 91901  
Phone: (619) 445-7330

CATHOLIC CHARITIES LEMON  
GROVE SENIOR CENTER\*%  
8235 Mt. Vernon Street  
Lemon Grove, CA 92040  
Phone: (619) 337-1425

LA MESA ADULT ENRICHMENT  
CENTER  
8450 La Mesa Boulevard  
La Mesa, CA 91941  
Phone: (619) 464-0505

LAKESIDE SENIOR CENTER\*%  
9841 Vine Street  
Lakeside, CA 92040  
Phone: (619) 443-9176

SALVATION ARMY EDGEMOOR  
SENIOR CENTER  
9065 Edgemoor Drive  
Santee, CA 92070  
Phone: (619) 956-2826

SALVATION ARMY SENIOR  
CENTER  
1011 E. Main Street  
El Cajon, CA 92021  
Phone: (619) 440-2457

SPRING VALLEY COMMUNITY  
CENTER\*  
8735 Jamacha Boulevard  
Spring Valley, CA 92077  
Phone: (619) 337-1425

WELLS PARK COMMUNITY  
CENTER%  
1153 East Madison Avenue  
El Cajon, CA 92021  
Phone: (619) 441-1680

***NORTH COUNTY COASTAL***  
CARLSBAD SENIOR CITIZENS  
CENTER\*%  
799 Pine Avenue  
Carlsbad, CA 92008  
Phone: (760) 602-4650

ENCINITAS SENIOR CENTER\*%  
1140 Oakcrest Park Drive  
Encinitas, CA 91924  
Phone: (760) 943-2250

OCEANSIDE SENIOR CENTER\*%  
455 Country Club Lane  
Oceanside, CA 92054  
Phone: (760) 435-5250

RANCHO SANTA FE SENIOR  
CENTER%  
16780 La Gracia  
Rancho Santa Fe, CA 92067  
Phone: (858) 756-3041

SOLANA BEACH SENIOR CENTER  
SOLANA BEACH PRESBYTERIAN  
CHURCH%  
120 Stevens Avenue  
Solana Beach, CA 92075  
Phone: (858) 509-2580

VISTA SENIOR CENTER\*%  
1400 Vale Terrace Drive  
Vista, CA 92084  
Phone: (760) 639-6160

***NORTH COUNTY INLAND***  
FALLBROOK SENIOR CITIZENS  
CENTER\*  
399 Heald Lane  
Fallbrook, CA 92028  
Phone: (760) 723-9282

JOSLYN SENIOR CENTER  
ESCONDIDO%  
210 East Park Avenue  
Escondido, CA 92025  
Phone: (760) 839-4688

JOSLYN SENIOR CENTER RANCHO  
BERNARDO%  
18402 W Bernardo Center Drive  
San Diego, CA 92127  
Phone: (858) 487-9324

JOSLYN SENIOR CENTER SAN  
MARCOS\*%  
111 West Richmar Avenue  
San Marcos, CA 92069  
Phone: (760) 744-5535

OASIS - Robinson's May%  
North County Fair  
280 East Via Rancho Parkway  
Escondido, CA 92025  
Phone: (760) 432-0635

RAMONA SENIOR CENTER\*%  
434 Aqua Lane  
Ramona, CA 92065  
Phone: (760) 789-0440

WEINGART SENIOR CENTER\*%  
13094 Bowron Road  
Poway, CA 92064  
Phone: (858) 748-6094

***SOUTH BAY***  
CASA DE SERVICIOS  
1188 Beyer Way, Suite 101  
San Diego, CA 92154  
Phone: (619) 423-1902

IMPERIAL BEACH SENIOR  
CENTER%  
1075 Eighth Street  
Imperial Beach, CA 92032  
Phone: (619) 424-7077

KIMBALL SENIOR CENTER%  
1217 D Avenue  
National City, CA 91950  
Phone: (619) 336-6760

NORMAN PARK SENIOR  
CENTER\*%  
270 F Street  
Chula Vista, CA 91910  
Phone: (619) 691-5086

SAN YSIDRO SENIOR CENTER%  
212 West Park Avenue  
San Ysidro, CA 91973  
Phone: (619) 428-3136

WOODLAWN PARK COMMUNITY  
CENTER  
115 Spruce Road  
Chula Vista, CA 91911  
Phone: (619) 585-3424

### **TRANSPORTATION**

Information on major transportation services only. Call AIS Call Center at 1-800-510-2020 for additional transportation services. Or, for hospital transportation, please see **HOSPITALS** section. Some services require ADA certification.

**To register for ADA call Orthopedic Hospital, 877-232-7433.**

AMERICAN CANCER SOCIETY  
Phone: (800) 227-2345 or  
(619) 299-4200

COUNTY TRANSIT SYSTEM ADA  
Paratransit  
Phone: (800) 921-9664

COUNTY TRANSIT SYSTEM (CTS)  
Service Area: San Diego County  
Phone: (619) 233-3004

GREATER SAN DIEGO TRANSIT  
COMPANY (Yellow Cab, etc)  
Phone: (619) 234-6161  
Service Area: San Diego County  
except for city of Escondido.

MULTIPLE SCLEROSIS SOCIETY  
Phone: (858) 974-8640  
Service Area: Limited in San Diego  
County.

PARKINSON'S DISEASE  
ASSOCIATION OF SAN DIEGO  
Phone: (858) 273-6763  
Service Area: Countywide

VETERAN'S ADMINISTRATION  
HOSPITAL  
(858) 552-8585 +Option4, x7575  
Service Area: San Diego County for  
wheelchair bound veterans for medical  
appointments.

***CENTRAL SAN DIEGO***  
CITY TRANSIT  
Phone: (800) 266-6883  
Service Area: From US/Mexico Border  
to San Clemente.

JEWISH FAMILY SERVICE  
Phone: (619) 583-3300  
Service Area: limited service areas, must  
be member of College Senior Center.

DIRECT ACCESS TO REGIONAL  
TRANSIT (DART)  
Phone: (877) 841-327

DISABLED AMERICAN VETS  
Phone: (858) 552-7470  
Service Area: Countywide + El Centro  
& Imperial Valley Airport.

PENINSULA SHEPHERD SENIOR  
CENTER Phone: (619) 223-1640  
Service Area: Zip Codes 92106,  
92107, and part of 92110.

***NORTH COUNTY***  
CARLSBAD SENIOR CENTER  
Phone: (760) 602-4650  
Service Area: Carlsbad

DEL MAR COMMUNITY  
CONNECTIONS  
Phone: (858) 792-7565  
Service area: Del Mar

RIDES & SMILES  
Phone: (858) 674-1123  
Service Area: North County Inland,  
Poway, RB, Carmel Mtn, Scripps Ranch,  
Sabre Springs, and Rancho Penasquitos.

OUT & ABOUT IN ESCONDIDO  
Phone: (760) 480-1030 or  
(760) 839-4688  
Service Area: City of Escondido

FAST  
Phone: (800) 660-4789  
Service Area: varies.

RANCHO SANTA FE SENIORS, INC.  
Phone: (858) 756-3041  
Service Area: Rancho Santa Fe only.

EAST COUNTY  
COUNTY TRANSIT SYSTEM (CTS)  
Info: (619) 233-3004  
Cust Srv: (619) 448-2720  
Service Area: East County

FISH  
Phone: (619) 390-0399  
Service Area: El Cajon, La Mesa,  
Lakeside, Lemon Grove, Santee and  
Spring Valley.

RURAL TRANSPORTATION /  
COUNTY TRANSIT SYSTEM  
Phone: (800) 858-0291

***SOUTH BAY***  
CARING NEIGHBORS OF CHULA  
VISTA - LUTHERAN SOCIAL  
SERVICES  
Phone: (619) 476-7055  
Service Area: Chula Vista, Bonita.

### **VISION**

See Disabilities section.

### **WELLNESS**

HEALTH PROMOTION  
KAISER POSITIVE CHOICE  
Phone: (858) 573-0090

PALOMAR HOSPITAL HEALTH  
SOURCE  
15255 Innovation Drive, Suite 204  
San Diego, CA 92128  
Phone: (800) 628-2880

SCRIPPS WELL-BEING CENTER  
555 Broadway Street, Ste. 2029  
Chula Vista, CA 91910  
Phone: (619) 420-9820

4305 La Jolla Village Drive, Suite L5  
San Diego, CA 92122  
Phone: (858) 626-7024

4440 Wightman St Suite 200  
San Diego, CA 92105  
Phone: (619) 321-2920

SHARP HEALTHCARE  
Phone: 1-800-827-4277



**NUTRITION & WEIGHT CONTROL**

Natl. diabetes info clearing house

Phone: (800) 860-8747

Information on special diets for diabetics.

**OVEREATERS ANONYMOUS**

2525 Cushing Road

San Diego, CA

Phone: (619) 258-9507

**POSITIVE CHOICE KAISER-  
PERMANENTE (open to public)**

7035 Convoy Court

San Diego, CA 92111

Phone: (858) 573-0090

**SHARP CENTER FOR HEALTH  
PROMOTION**

3571 Corporate Court, Suite D

San Diego, CA 92123

Phone: (858) 627-5340

**SHARP GROSSMONT HOSPITAL**

9000 Wakarusa Street BLDG C

La Mesa, CA 91942

Center for Health Promotion

Phone: (619) 740-4250

**WEIGHT WATCHERS MEETINGS**

Phone: (800) 888-7546

**SMOKING CESSATION****AMERICAN CANCER SOCIETY**

Fresh Start Program

Phone: (619) 299-4200

**AMERICAN LUNG ASSOCIATION**

Better Breathers Club

Phone: (619) 297-3901

**CALIFORNIA SMOKERS HELP LINE**

Phone: 1-800-NO-BUTTS

(662-8887)

**PALOMAR POMERADO HEALTH  
SOURCE**

15255 Innovation Drive, Suite 204

San Diego, CA 92128-3410

Phone: (800) 628-2880

**SHARP CENTER FOR HEALTH  
PROMOTION - SECOND BREATH  
PROGRAM**

3571 Corporate Court, Ste. D

San Diego, CA 92123

Phone: (858) 627-5340

**SHARP GROSSMONT HOSPITAL**

9000 Wakarusa Street, BLDG C

La Mesa, CA 91942

Phone: (858) 627-5340

**SMOKENDERS**

P.O. Box 22664

San Diego, CA 92122

Phone: (858) 455-5321

**SMOKE STOPPERS OF SAN DIEGO**

3699 Park Boulevard

San Diego, CA 92103-4546

**UCSD MEDICAL CENTER**

225 Dickinson Street #8909

San Diego, CA 92103

Phone: (619) 543-7600

This guide is a project of the Health Promotions and Disease Prevention Committee.  
Special thanks to the members of the Information and Access Work Group.

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Ann Drinkwalter, Kaiser Senior Advantage  
Veronika Glenn, Southern Caregiver Resource Center  
Louise Guarnotta, At Your Home Familycare  
Jerry Hammond, Kaiser Pharmacist  
Andrea Holmberg, Sharp HealthCare, Senior Resource Centers  
Kathy Holmes-Hardy, AIS Outreach & Education  
Katie Judd, AIS Health Promotions  
Theresa Latosh, Residence by Hyatt  
Colleen Mallen, Jewish Family Services, Senior Services  
Denise Nelesen, Aging & Independence Services  
Tony Potter, AIS Health Promotions  
Wendy Shigenaga, AIS Nutrition Consultant  
Pam Sivits, Metro-United Methodist Urban Ministries  
Cindy Vogel, Aging & Independence Services  
Saman Yaghmaee, AIS Family Caregiver Support Coordinator

# **APPENDIX A**

## ADDITIONAL REFERENCES AND RESOURCES

### CDC Fact Sheets

- Falls and Hip Fractures Among Older Adults  
<http://www.cdc.gov/ncipc/factsheets/falls.htm>
- Falls in Nursing Homes  
<http://www.cdc.gov/ncipc/factsheets/nursing.htm>
- The Costs of Fall Injuries Among Older Adults  
<http://www.cdc.gov/ncipc/factsheets/fallcost.htm>
- Summary of Research Findings  
<http://www.cdc.gov/ncipc/pub-res/toolkit/SummaryOfFalls.htm>
- What *YOU* Can Do To Prevent Falls  
<http://www.cdc.gov/ncipc/pub-res/toolkit/Falls%20BrochCOLORpanels.pdf>
- A Home Fall Prevention Checklist for Older Adults  
<http://www.cdc.gov/ncipc/pub-res/toolkit/Check for SafetyCOLOR.pdf>

### Additional Fact Sheets

- Tips to Prevent Falls in the Elderly  
Wright State University, College of Nursing and Health.  
<http://www.nursing.wright.edu/practice/falls/>
- A Statistical Profile of Older Americans Aged 65+  
U.S. Department of Health and Human Services, Administration on Aging.  
[http://www.aoa.gov/press/fact/pdf/ss\\_stat\\_profile.pdf](http://www.aoa.gov/press/fact/pdf/ss_stat_profile.pdf)
- Home Modification  
U.S. Department of Health and Human Services, Administration on Aging.  
[http://www.aoa.gov/press/fact/pdf/fs\\_home\\_mod.pdf](http://www.aoa.gov/press/fact/pdf/fs_home_mod.pdf)
- Preventing Falls in the Elderly  
Colorado State University Cooperative Extension  
<http://www.ext.colostate.edu/pubs/consumer/10242.html>

### On-Line Articles

- Falls resulting in serious head injury may cause mental decline in elderly  
Doctors Guide Global Edition  
<http://pslgroup.com/dg/e5e96.htm>
- Tai Chi for older people reduces falls, may help maintain strength  
National Institute on Aging, U.S. National Institutes of Health (NIH)  
<http://www.nia.nih.gov/NewsAndEvents/PressReleases/PR19960502TaiChi.htm>
- Insomnia, falls in elderly linked  
University of Michigan Health System  
[http://www.eruekalert.org/pub\\_releases/2005-04/uomh-ifi040605.php](http://www.eruekalert.org/pub_releases/2005-04/uomh-ifi040605.php)
- Falls in the elderly  
American Family Physician [on-line]  
<http://www.aafp.org/afp/20000401/2159.html>
- Fall Prevention and Home Safety: The Role of the Home Health Professional  
Medical Information Broadcast Network  
<http://www.ceoncd.com/CD/cd0009/AB0059/ab0059.htm>

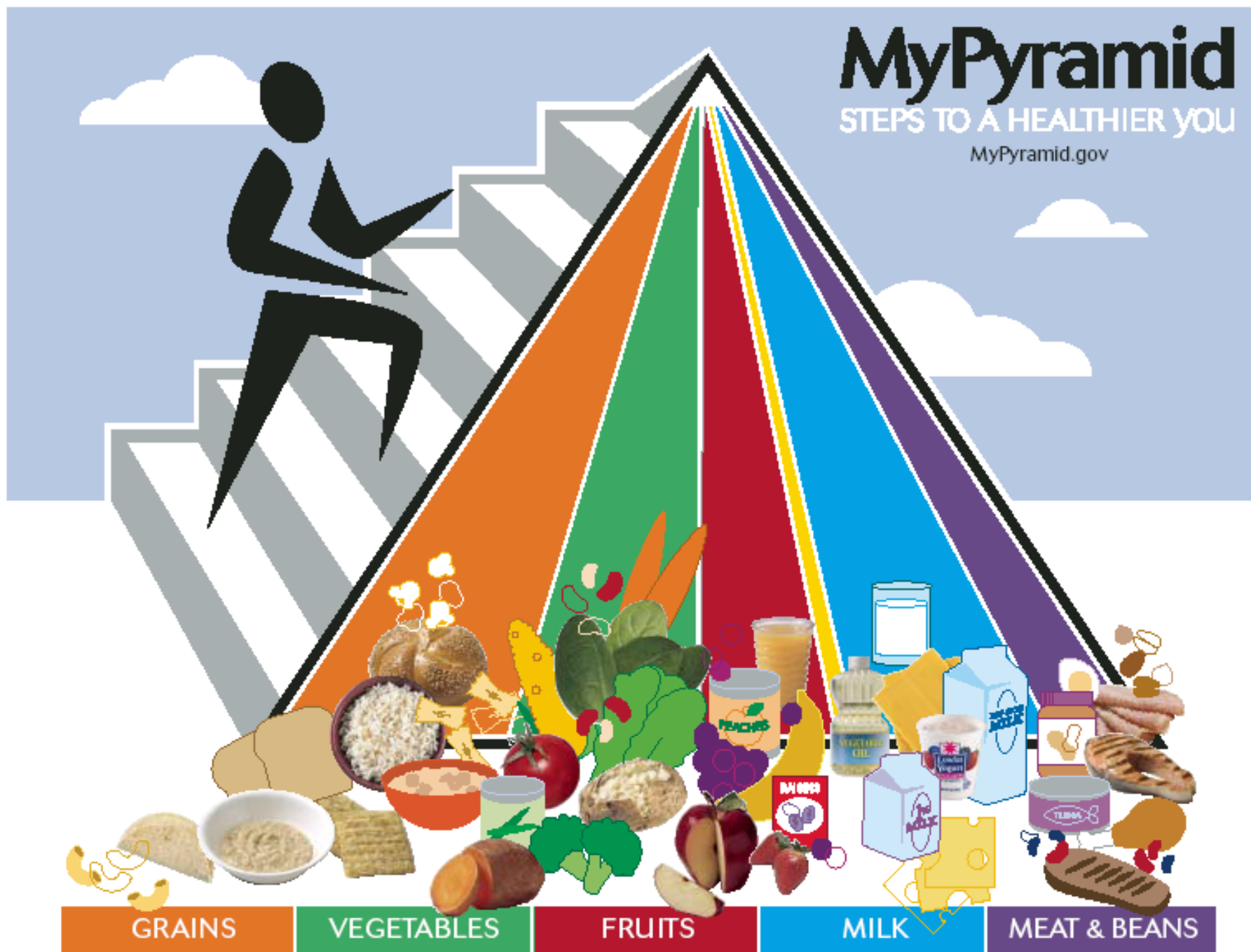
## Journal Articles

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- Diggs BS, Lenfesty B, Arthur M, et al. The incidence and burden of ladder, structure, and scaffolding falls. *Acad Emerg Med.* 2005;12(3):267-270.
- Gerdhem P, Ringsberg KA, Akesson K, et al. Clinical history and biologic age predicted falls better than objective functional tests. *J Clin Epidemiol.* 2005;58(3):226-232.
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- Kurrle SE, Day R, Cameron ID. The perils of pet ownership: a new fall-injury risk factor. *Med J Australia.* 2004;181(11-12):682-683.
- Lin JT, Lane JM. Falls in the elderly population. *Phys Med Rehabil Clin N Am.* 2005;16(1):109-128.
- Pandya NK, Draganich LF, Mauer A, et al. Osteoarthritis of the knees increases the propensity to trip on an obstacle. *Clin Orthop Relat Res.* 2005;(431):150-156.
- Van Bommel T, Vandenbroucke JP, Westendorp RG, et al. In an observational study elderly patients had an increased risk of falling due to home hazards. *J Clin Epidemiol.* 2005;58(1):63-67.
- Venning G. Recent developments in vitamin D deficiency and muscle weakness among elderly people. *BMJ.* 2005;230(7490):524-526.

## Web Sites

- Administration on Aging: [www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)
- Aging Network Services: [www.agingnets.com](http://www.agingnets.com)
- American Academy of Family Physicians: [www.aafp.org](http://www.aafp.org)
- American Academy of Orthopedic Surgeons: [www.aaos.org](http://www.aaos.org)
- American Association of Retired Persons: [www.aarp.org](http://www.aarp.org)
- California Department of Health Services, Epidemiology and Prevention for Injury Control (EPIC) Branch: <http://www.dhs.ca.gov/epic/>
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- U.S. Department of Agriculture, Food Pyramid: [www.mypyramid.gov](http://www.mypyramid.gov)
- National Council on Aging: [www.ncoa.org](http://www.ncoa.org)
- National Institute on Aging: [www.nih.gov/nia](http://www.nih.gov/nia)
- National Osteoporosis Foundation: [www.nof.org](http://www.nof.org)
- National Safety Council: [www.nsc.org](http://www.nsc.org)
- Senior Friendly: [www.seniorfriendly.com](http://www.seniorfriendly.com)
- U.S. Consumer Product Safety Commission: [www.cpsc.gov](http://www.cpsc.gov)

## **APPENDIX B**



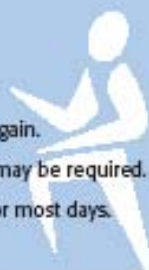
GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5½ oz. every day
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#### Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



#### Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



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Center for Nutrition Policy and Promotion  
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